

Don't Get Wrecked

Impaired driving can hurt your life, your family, and your career.

Sailors and Marines are often faced with situations that can increase the risk to engage in unhealthy behaviors that impair driving, especially drinking and driving.



When it comes to booze,

SIZE* DOESN'T ALWAYS MATTER.

12 fl oz of regular beer = 5 fl oz of table wine

2-3 oz of cordial, liqueur, or aperitif = 1.5 fl oz shot of 80-proof spirits/hard liquor

*The amounts above are the equivalent of 1 standard drink.

While the legal limit for Blood Alcohol Concentration (BAC) is 0.08 for a DUI, alcohol can seriously impact your body and your driving at much lower levels.

BAC Level	0.02	0.08	0.10+
Effects	<ul style="list-style-type: none"> Some loss of judgment Relaxation Slight body warmth Altered mood 	<ul style="list-style-type: none"> Decline in visual functions Decline in ability to multi-task 	<ul style="list-style-type: none"> Poor muscle coordination Harder to detect danger Impaired judgment, self-control, reasoning, and memory
Effects		<ul style="list-style-type: none"> Difficulty concentrating Short-term memory loss Unable to control speed Reduced information processing capability Impaired perception 	<ul style="list-style-type: none"> Deteriorated reaction time and control Slurred speech, poor coordination, and slowed thinking Major loss of balance
Effects			<ul style="list-style-type: none"> Substantial impairment in vehicle control, attention to driving task, maintaining lane position, braking, and in visual and auditory information processing

Average DUI = \$10,000 With you could...

Pssst...we hear taxis are way cheaper

Take a cab from the Washington Monument to the Statue of Liberty **14 times** and have money left over for dinner with all your friends.

Take a cruise from Miami, Florida to Barcelona, Spain **10 times** with a balcony view.

Even buy great Tickets to the Superbowl **for you** ...and your friends.

1 in 3 traffic fatalities are in alcohol-impaired-driving crashes.

On average in 2012 **1** person was killed every **51 MINUTES** in an alcohol-impaired driving crash.

Plan BEFORE you head out:

- Have a non-drinking designated driver or have a family member or friend to pick you up.
- Call a taxi. Have the number already programmed into your phone so you have it readily available when needed.
- Plan to stay overnight.

#DrinkResponsibly

Count and measure your drinks accurately and set limit's for how often you drink.

Alternate alcoholic beverages with non-alcoholic beverages, like water.

Eat food while drinking to help slow down the absorption of alcohol.

Talk to friends, family, or a professional if you need help cutting back.

If you or someone you know is at risk, take action before someone gets hurt:

- Talk to your Drug and Alcohol Program Advisor (DAPA) or Navy Drug and Alcohol Counselor
- Speak to your Commanding Officer, XO, OIC, CMDCM/COB, or Chaplain
- Reach out to DoD Medical Personnel
- Contact your Fleet and Family Support Center Counselor
- For more information, visit the [NMCPHC HPW Preventing Drug Abuse and Excessive Alcohol Use Web page](#)