

DRUGS and ALCOHOL

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Driving under the influence of alcohol or certain drugs is a crime.

According to the National Safety Council, every 33 minutes someone dies in an alcohol-related crash. Drunk driving will cost every adult in this country almost \$500 per year.



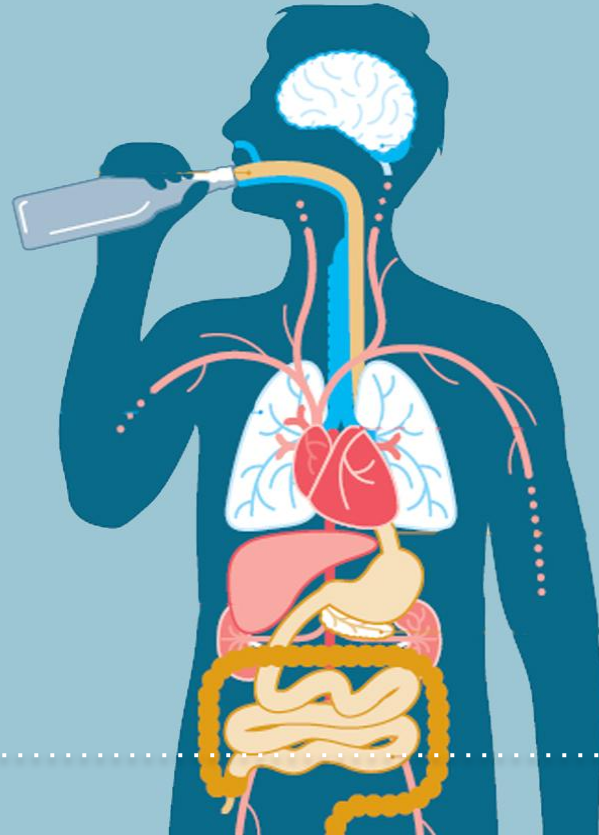
Drunk driving is the leading single cause of death among young people in the age range from 16 to 24.

Statistics indicated that US drivers drank too much and got behind the wheel about 112 million times in 2010.



ALCOHOL

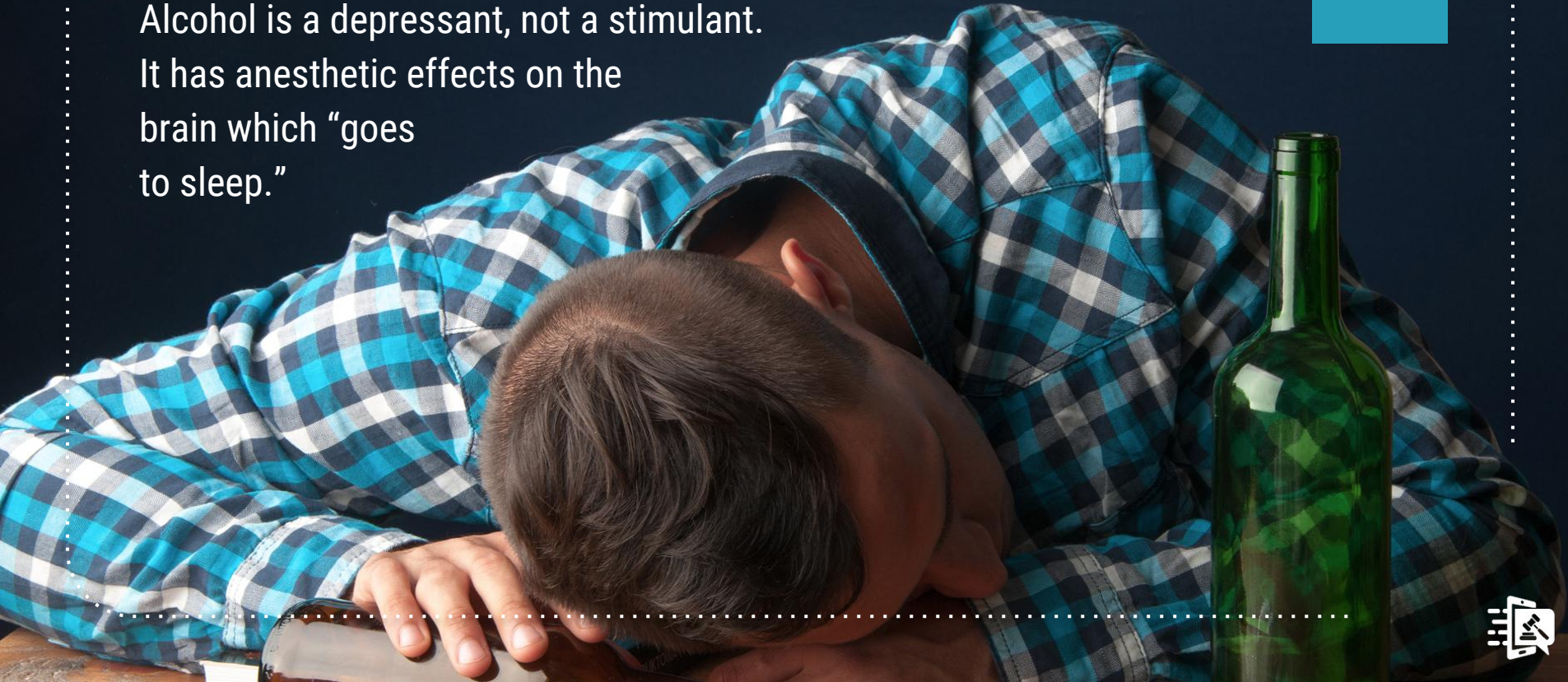
When alcohol enters your stomach, it goes into your bloodstream and to all parts of your body. It reaches your brain in about 20 minutes. In your brain, alcohol affects those parts that control your judgment and skill.



5 THINGS TO KNOW ABOUT ALCOHOL

#1

Alcohol is a depressant, not a stimulant. It has anesthetic effects on the brain which “goes to sleep.”



#2

Alcohol slows normal reflexes, interferes with judgment, reduces alertness, and impairs vision.



If you feel stimulated after drinking, it is simply because your inhibitions are lowered, causing loss of caution and self-control. In large enough quantities, acute alcohol poisoning can result in a coma or death.



#3

It doesn't matter whether you drink beer, wine, whiskey, or any other alcoholic beverage, it's the amount of alcohol that enters your blood that causes the problem.





#4

Alcohol can affect you differently at different times.

A small amount on an empty stomach will affect you more rapidly than it would if you had recently eaten. Many other factors affect the rate at which alcohol is absorbed into the bloodstream: alcohol content, potency and type of beverage, rate of consumption, gender, physical fitness, emotional state, and rate of metabolism and elimination.



#5

Once the alcohol enters your blood, there is nothing you can do to lessen the effect. Black coffee, exercise, or a cold shower will not sober you up. Alcohol is metabolized by your liver and eliminated from your body through your kidneys and lungs. This process takes time.



If you have been drinking alcoholic beverages, you are in no condition to drive. You have placed yourself in a position where you might injure or kill yourself or some innocent person(s).



Remember that alcohol...

Reduces the ability to judge speeds, distances, and angles.

Encourages the driver to take foolish risks and break laws.

And impairs concentration. You may forget to fasten a seatbelt, turn on headlights, use turn signals, observe stop signs, etc.



In addition, remember that alcohol can...

Slow reaction time in stopping and turning


Limit vision (eyes become blurred/unfocused)

Reduce ability to judge one's own condition

Cause sleepiness

Increase anger towards other drivers



A close-up photograph of a person's hand holding a set of car keys, with the keys held over an open palm. The background is a blurred bar or restaurant setting with warm lighting and a glass of beer visible in the lower right. The entire image is framed by a white dotted border.

If you know someone has been drinking,
DO NOT allow them to drive. Even one
drink can inhibit response time.



Blood Alcohol Concentration (BAC)

BAC describes the concentration of alcohol in a person's blood, expressed as weight per unit of volume.

For example, at 0.10% BAC, there is a concentration of 100 mg of alcohol per 100 ml of blood. For most legal purposes, however, a blood sample is not necessary to determine a person's BAC. It can be measured much more simply by analyzing exhaled breath (such as using a breathalyzer).



It takes about an hour for the body to get rid of one normal drink from the circulatory system. Therefore, if someone has had four normal drinks, they should wait four hours or more before they drive.



1 HOUR





You cannot hide drunk driving.

Keep in mind that “sober” means that no alcohol or other impairing drugs are in the circulatory system of the body. Impairment starts with the first drink. Even one drink of alcohol can affect a person’s ability to operate a motor vehicle. With one or more drinks in the bloodstream, a person is visibly impaired and could be arrested for driving under the influence of alcohol or other drugs. A trained police officer will notice a driver who has been drinking.





Some tell-tale signs of drinking and driving are:

SPEEDING

A drinking driver often thinks he can drive safely at high speeds.

WEAVING

Even though a driver may stay in his lane, he may have trouble steering straight.



SLOW DRIVING

A drinking driver may be overly cautious and drive slower than normal traffic.

JERKING MOTION

A drinking driver often may have short mental lapses and not keep a steady speed on a clear road.

QUICK STOP

A drinking driver may make sudden stops at traffic signs or lights rather than easing up to them.



Louisiana has a law against an open container of alcohol in the vehicle.

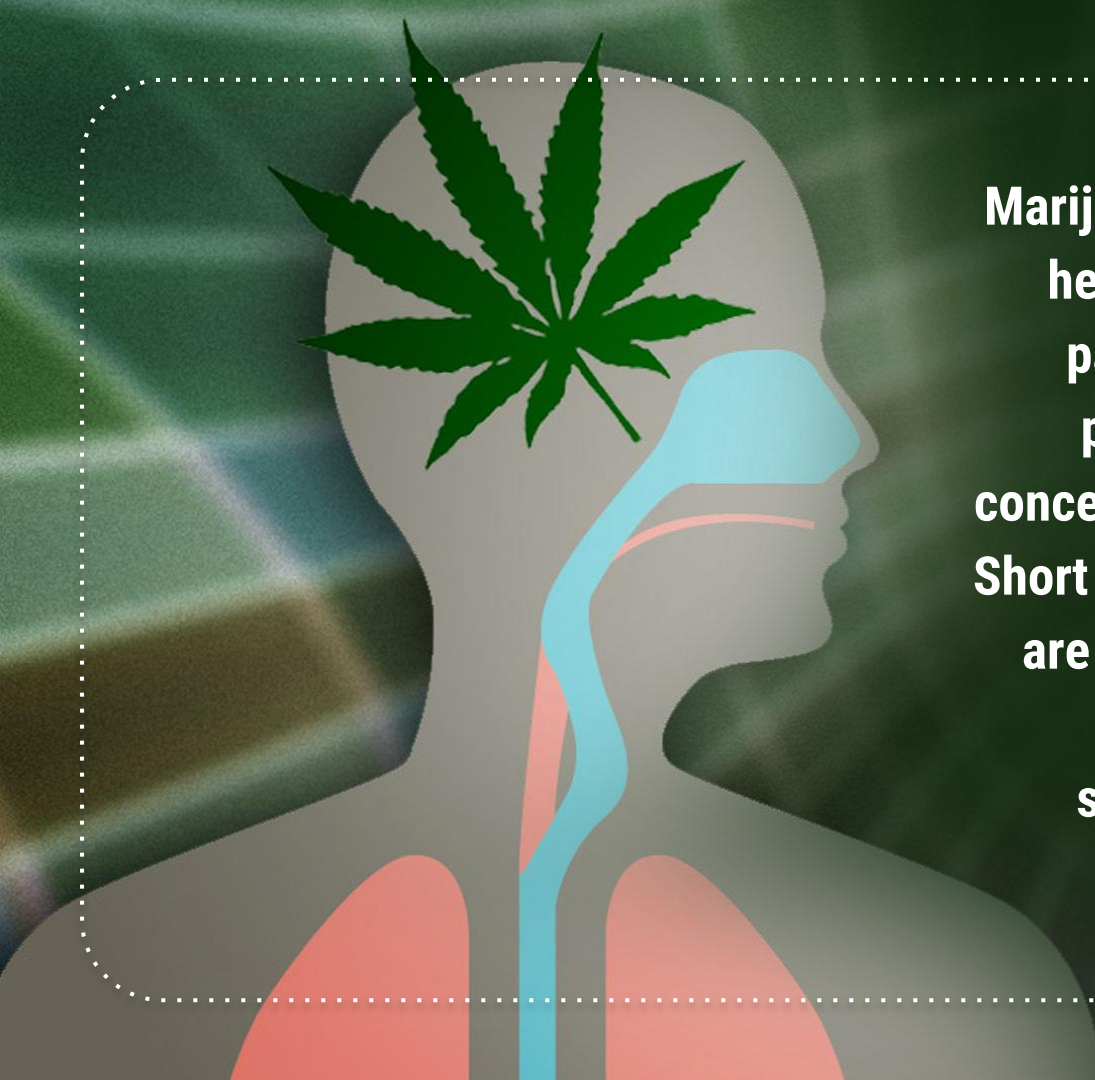
This law prohibits both the possession of any open alcoholic beverage container and consumption of any alcoholic beverage in a vehicle. Even if you are not consuming alcoholic beverages, the fact that it is in the vehicle puts you, the driver, at risk for fines and penalties.



MARIJUANA

Whereas the effects of a single drink will diminish over an hour, it takes five-to-six hours for the effects of smoking one marijuana cigarette to wear off, making the combination of marijuana and alcohol especially dangerous. It can affect your eyesight, and with some users, marijuana interferes with the ability to judge time, speed, and distance.





Marijuana use can cause increased heart rate and make some users paranoid and anxious. In young people, it impairs the ability to concentrate and retain information. Short term effects of marijuana use are the interference with memory and learning. It can make the simplest task seem hopelessly confusing.

