

NATIONAL DRUNK AND DRUGGED DRIVING PREVENTION MONTH

About three in every ten Americans will be involved in an alcohol-related crash at some point in their lives (NHTSA)

The holiday season is supposed to be a time for family, friends, and festive celebrations. Americans who drink and drive after holiday parties and festivities make the period between Thanksgiving and New Year's one of the year's most deadly and dangerous seasons due to alcohol-related crashes.

Who Is Affected?

- In 2006, 13,470 people died in alcohol-impaired driving crashes, accounting for nearly one-third (32%) of all traffic-related deaths in the United States.
- In 2007, over 1.4 million drivers were arrested for driving under the influence of alcohol or narcotics – that's less than one percent of the 159 million self-reported episodes of alcohol-impaired driving among U.S. adults each year.
- Every 30 minutes, nearly 50 times a day, someone in America dies in an alcohol-related crash and non-fatally injures someone every two minutes (NHTSA 2006).

Hundreds of thousands more are injured each year. This means you, your friends, your family are regularly at risk. Take caution in your holiday fun and keep in mind these safe driving tips.



Safe Driving Tips

Remembering to designate a sober driver before the party begins is just one of several, simple steps to help avoid a tragic crash or an arrest for impaired driving during the holiday season. Other reminders include:

- Never get behind the wheel of your vehicle if you've been out drinking;
- If impaired, call a taxi – use mass transit if available – or call a sober friend or family member to come and get you;
- Or, just stay where you are and sleep it off until you are sober;
- If you are hosting a party this holiday season, remind your guests to always plan ahead to designate a sober driver, always offer alcohol-free beverages during the event, and make sure all of your guests leave with a sober driver; and
- *Friends Don't Let Friends Drive Drunk.* Take the keys and never let a friend leave your sight if you think they are about to drive while impaired.

-www.cdc.gov