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HEALTH NOTES

Have a Plan, Don't Drink and Drive!

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Despite many efforts at reducing the incidence of impaired driving in our communities; it still remains an area of concern. Drinking and driving is a deadly combination. One drink reduces your ability to concentrate and react to things that happen suddenly while you are driving. The more alcohol in your blood, the more difficult it is to judge distance and react to sudden hazards on the road.

Consequences for impaired driving are serious: you can lose your license, be fined, or spend time in jail. Furthermore, drinking and driving consequences affect more than just you; they hurt everyone through deaths, injuries and personal tragedies. MADD Canada estimates there are somewhere between 1,350 and 1,600 crash fatalities related to alcohol use in Canada each year: that's 4 deaths a day.

It is very difficult to assess your own impairment level. Small amounts of alcohol affect one's brain and the ability to drive therefore if you are drinking even just one drink; have a plan to get home safe by:

- arranging a designated driver;
- calling a friend or relative;
- taking a taxi;
- staying overnight;
- using public transit.

For more information on the consequences of drinking and driving visit www.madd.ca

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