



Is it worth the risk?

No, never!

If you drink and drive you are not only jeopardising yourself, you are putting other road users at risk.

Death by Careless Driving when under the influence of drink or drugs

- Maximum 14 years in prison
- Minimum 2 year driving ban
- Requirement to pass extended driving test before being allowed to drive

Drink or Drug Driving

- Up to 6 months imprisonment
- Obligatory driving ban
- 11 years before you have a "clean licence"

Problems with alcohol can start long before becoming dependant on alcohol.

Services are available for anyone worried that alcohol may be affecting their lives.



Drug & Alcohol Recovery
03000 266 666
www.durham.gov.uk/alcohol



Altogether Better Policing

Durham Constabulary
101
www.durham.police.uk



The Safe Durham Partnership
Altogether safer



**Alcohol
and driving**

Information
and advice



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safer

Alcohol and driving

Information and advice

Some facts about alcohol and driving

In England:

- On average 1,300 people are killed or seriously injured every year in drink-drive collisions
- Nearly one in eight of all deaths on the roads involve drivers over the legal alcohol limit

In the North East:

- Weekends have the highest casualty levels. Late evening and the early hours of the morning are the worst
- The 17-34 age group accounts for 64% of the drivers involved in drink drive collisions
- 82% of drivers involved in drink-drive collisions are male

In County Durham:

- The level of casualties resulting from collisions involving drink drivers is higher than all other areas in the North East
- Over the past 2 years there were 10 fatalities caused by drink-driving, 31 serious injuries and 175 slight injuries.

Alcohol facts:

- There are no safe drinking limits if you are driving
- The only safe option is not to drink alcohol if you plan to drive
- The time it takes for the body to process alcohol depends on a number of factors such as your gender and weight
- If you have drunk alcohol the night before you may still be over the limit the following day
- Alcohol effects your reaction times, coordination and judgement
- Drinking any alcohol can severely impair your driving ability
- If you are found to be over the legal limit you will lose your driving licence

Should you drive the morning after?

Number of hours per drink + 1 hr = minimum time to allow before driving, calculated from your LAST drink.

	 3.5 hrs	 2.5 hrs	 1.5 hrs	 2 hrs	 3 hrs	 2.5 hrs
	13% Large Glass Wine	4% Pint	40% Single Spirits	5% Alcopop	40% Double Spirits	5% Lager
1	3.5 hrs	2.5 hrs	1.5 hrs	2 hrs	3 hrs	2.5 hrs
2	7 hrs	5 hrs	3 hrs	4 hrs	6 hrs	5 hrs
3	10.5 hrs	7.5 hrs	4.5 hrs	6 hrs	9 hrs	7.5 hrs
4	14 hrs	10 hrs	6 hrs	8 hrs	12 hrs	10 hrs
5	17.5 hrs	12.5 hrs	7.5 hrs	10 hrs	15 hrs	12.5 hrs

This is only a guide, everyone processes alcohol at different rates.

Alcohol myths:

'Drinking caffeine will sober me up'

Caffeine may make you more alert but it will not affect the amount of alcohol you have in your system.

'Having a cold shower will sober me up'

A cold shower will not make you any less drunk.

'Eating a good meal will help sober me up'

Eating a good meal may make you feel better but it will not affect the alcohol in your system.

Sobering-up tricks do not work:

Time is the only way to get alcohol out of your system and you could still be over the legal limit many hours after drinking.

What will happen if I get caught drinking and driving?

One or more of these things will happen to you:

- Loss of licence
- A court appearance
- Up to 6 months in prison
- A hefty fine of up to £5,000
- A minimum 12 months' disqualification and 3 years for a second offence within 10 years
- A criminal record
- Increased insurance costs
- Difficulty in hiring a car in the future
- Restrictions on travelling to certain countries