

IMPAIRED DRIVING SAFETY



Drivers can prevent
impaired driving by:

- Planning ahead
- Getting a ride home
- Agreeing on a trusted designated driver ahead of time
- Being aware of prescriptions and over-the-counter medicines

Everyone can prevent
impaired driving by:

- Not letting your friends drive while impaired with alcohol or drugs
- Not riding with an impaired driver
- Remind your friends and loved ones to plan ahead if they plan to drink or use alcohol
- Always wearing a seatbelt on your drive

SCAN ME



WAYS TO DRINK RESPONSIBLY

The CDC has published responsible tips for monitoring your drinking and checking in with your wellbeing. Check a few of them down below:

1. **Set a limit on how much you will drink.** No more than one standard drink per day for women and men ages 65 and older, and no more than two standard drinks per day for men under 65.
2. **Drink slowly.** Sip your drink. Drink soda, water, or juice after having an alcoholic beverage. Never drink on an empty stomach.
3. **Watch for peer pressure.** Practice ways to say “no.” You do not have to drink just because others are.
4. **Ask for support.** Talk to friends and loved ones if you are concerned about your drinking behaviors. Care Team is available at 817-735-2740 if you need referrals for recovery or mental health resources.

Recovery Resources

