

DRIVE SOBER THIS DECEMBER

NATIONAL IMPAIRED DRIVING PREVENTION MONTH



WHY DECEMBER?

The holidays bring more celebration-and more late-night driving. Crash risk spikes on Christmas Eve and New Year's Eve.

IMPAIRED DRIVING ISN'T CAUSE BY JUST ALCOHOL

SUBSTANCES THAT IMPAIR DRIVING INCLUDE

- Prescription meds
- Illicit drugs
- Over-the-counter medications



SIDE EFFECTS INCLUDE

- Drowsiness
- Slower reaction time
- Poor judgment



IMPACT ON TOTAL FITNESS

SOCIAL FITNESS

- Damaged relationships
- Loss of trust
- Embarrassment after a DUI

SPIRITUAL FITNESS

- Violates USMC core values
- Triggers moral conflict and guilt

MENTAL FITNESS

- Stress, anxiety, and guilt
- Career, legal, and financial consequences

PHYSICAL FITNESS

- Increases risk of crashes
- Preventable injuries and fatalities

DO YOUR PART

PLAN AHEAD

- Designate a sober driver.
- Use a rideshare or public transportation.

SPEAK UP

- Take the keys if someone's impaired.
- Help them get home safely.

KNOW THE TRUTH

- Only time sobers you up. There are no shortcuts.

Contact your installation's Substance Assessment and Counseling Center for tools and guidance.