

Responsible drinking

Helping people make informed choices about alcohol.



Drinking and driving

Drinking and driving is a dangerous combination. It is not only irresponsible and dangerous: it's also illegal.

Criminal penalties for driving under the influence range from fines and licensing sanctions to jail sentences. An arrest for drunk driving can also damage your reputation, self-esteem, family, friendships and employment prospects.

Many countries use Blood Alcohol Content (BAC) for law enforcement purposes to measure the degree of intoxication when the blood sample is taken.

BAC is the concentration of alcohol in the blood, expressed as the weight of alcohol in a fixed volume of blood. It is dependent on the amount of alcohol consumed, the rate of consumption, how quickly the alcohol has been absorbed into the body and rate of metabolism.

Gender, body fat, weight, whether there is food in the stomach and other factors influence BAC levels. BAC levels can continue to rise even after you have stopped drinking.

The legal BAC limit for driving a vehicle varies from country to country, from 0% (no alcohol at all) to around 0.08%

To avoid the multiple legal, personal and social consequences, there is only one safe option: don't drink and drive.

Think before you drink before you drive

There are many proven alternatives to the irresponsible and dangerous practice of driving under the influence of alcohol. While they may require a little planning, they may save a life, possibly yours.

- Nominate a 'designated driver'
- Take a taxi
- Use public transport
- Plan to have someone pick you up
- Arrange to stay overnight

Getting behind the wheel while intoxicated is not an option – it is irresponsible and it can be deadly.

Sobering up

If you have been drinking, nothing but time will eliminate the alcohol from your body.

Coffee, cold showers and other so-called remedies will not reduce your BAC level or alleviate the effects of alcohol on your ability to drive a vehicle safely.

Take action

Drinking and driving is a dangerous combination. It's also against the law. Be knowledgeable about the laws in your country and do not drink and drive.

www.aboutalcohol.com

These sites contain further information that you may find useful.

Other websites

www.alcoholinfo.nl
www.jellinek.nl
www.trimbos.nl
www.drinkaware.co.uk
www.aa-nederland.nl
www.tactus.nl

www.alcoholondercontrole.nl
www.spreekbeurten.info/alcohol
www.alcoholenik.nl
www.stichting-be-aware.nl
www.verslaving.nl
www.laetzenietverzuipen.nl



For people above legal drinking age only



Don't drink and drive



Don't drink while pregnant

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