## Impaired driving

...is one of the most common crimes and is one of the leading criminal causes of death in Canada.



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DRINKING JUST A SMALL AMOUNT OF ALCOHOL CAN IMPAIR YOUR ABILITY TO DRIVE. BE SAFE. NEVER DRINK AND DRIVE.

Alcohol increases your risk of being in an accident. It is a drug that slows down parts of your brain and can:



Reduce your ability to react quickly when you need to.



Affect your vision and reduce your ability to know how far away things are.



Lower your ability to think clearly and make good decisions.

Reduce your ability to understand and react quickly to changing situations.

Increase risky and dangerous behaviours.

A person can be charged for impaired driving anytime their ability to drive a vehicle (car, boat, snowmobile, ATV) is affected by alcohol.



## Get home SAFELY

If you plan to drink alcohol, do not drive a vehicle (car, boat, snowmobile, ATV). Plan ahead to get home safely:

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Call a friend or relative to pick you up.



Ride with a driver who has not been drinking.







If you feel safe, spend the night where you have been drinking.

## THE BOTTOM LINE IS:



## IF YOU HAVE BEEN DRINKING ALCOHOL,

do not drive any motor vehicle or catch a ride with someone who has been drinking. Look out for friends and family. Show you care by not letting them drink and drive.

For more information on how to stay safe while drinking or reduce the amount you drink, please visit

www.ujjiqsuqta.ca www.ResponsibleNunavut.ca





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