

# I STEER CLEAR

Drive Drug Free

## TAKE THE PLEDGE

*Monroe County Coalition is working to prevent impaired driving in Monroe County and to remind residents that impaired driving is dangerous, and against the law.*

*I Steer Clear is an evidenced-based social norming campaign that works to reduce the amount of drivers who are driving while under the influence of any mind or mood altering substance.*

*Help us keep our roads safe! All drivers share responsibility.*

***Pledge to drive drug free!***



**Our Mission:** To foster community changes to reduce substance abuse and the consequences of substance abuse through community collaborative efforts. Support and advocate for a Safe and Drug Free Community.

**Our Vision:** To provide a culturally competent, behavioral health and wellness approach to substance abuse prevention in Monroe County.



422 Fleming St. Suite 10  
Key West, FL 33040  
Phone: (305) 849-5929  
E-mail: Prevspec@aol.com  
www. MonroeCountyCoalition.com



*Most people know, driving under the influence of alcohol and other drugs is not safe, smart, legal, or the right thing to do.*



## DRIVING UNDER THE INFLUENCE (THAT MEANS MEDICATIONS TOO)

ACCORDING TO THE NATIONAL INSTITUTE ON DRUG ABUSE:

- Use of illicit drugs or misuse of prescription drugs can make driving a car unsafe—just like driving after drinking alcohol. Drugged driving puts the driver, passengers, and others who share the road at risk.
- Along with marijuana, prescription drugs are also commonly linked to drugged driving crashes.
- A 2016 nationwide study of deadly crashes found that about 47 percent of drivers who tested positive for drugs had used a prescription drug. The most common prescription drugs found were pain relievers. However, the study didn't distinguish between medically-supervised and illicit use of the prescription drugs.

While most medications don't affect driving ability, some prescription and over-the-counter (OTC) medicines can cause reactions that may make it unsafe to drive. Products that could make it dangerous to drive include:

- some prescription drugs for anxiety
- some anti-depressants
- products containing codeine
- some cold remedies and allergy products
- tranquilizers
- sleeping pills
- pain relievers
- diet pills, "stay awake" drugs, and other medications with stimulants (e.g. caffeine, ephedrine, pseudoephedrine)

**Never combine medication and alcohol while driving.**



## ALCOHOL IS A DRUG

Drinking and driving is an issue no one should take lightly and these drunk driving facts show us why:

- Every day, 29 people are killed in the United States from alcohol-related vehicle crashes.
- In 2016, 10,497 deaths from alcohol impaired crashes.
- It is illegal to drive in any of the 50 states with a Blood Alcohol Concentration (BAC) of 0.08 or higher. However, in 2014, 1,764 people were killed from alcohol-related crashes with a BAC under 0.08.
- One person is killed every 50 minutes in the United States due to drinking while driving accidents.
- Every two minutes, someone is injured in a drunk driving accident.
- About one-third of all traffic crash deaths in the United States involve drunk drivers (drivers with a BAC of 0.08 or higher).
- In 2014, 9,967 people were killed in drinking while driving crashes. Of those people, 23 percent of them were males and 15 percent were females.
- Drinking while driving is still the #1 cause of death on our roadways.
- Of the drivers arrested or convicted of drinking while driving, one-third of them are repeat offenders.
- On average, drinking and driving costs an American \$800 per year.
- In 2013, drivers with BAC levels of 0.08 or higher that were involved in fatal crashes, one out of every three were between 21 and 24 years of age (33%). The next two largest groups were ages 25 to 34 (29%) and 35 to 44.(24%).
- On average, a drunk driver will drive 80 times under the influence before getting caught.

*Drunk Driving*, [online] NHTSA. Available at: <https://www.nhtsa.gov/risky-driving/drunk-driving> [Accessed 22 Jun. 2018].



## DRIVE STONED, GET ARRESTED

According to the National Institute on Drug Abuse:

- Marijuana significantly impairs judgment, motor coordination, and reaction time, and studies have found a direct relationship between blood THC concentration and impaired driving ability.
- Marijuana is the illicit drug most frequently found in the blood of drivers who have been involved in vehicle crashes, including fatal ones..
- Fatal crashes involving drivers who recently used marijuana doubled in Washington after the state legalized the drug, (AAA).
- Several meta-analyses of multiple studies found that the risk of being involved in a crash significantly increased after marijuana use, (NIDA).
- A study revealed 28,000 high school seniors admitted to at least one accident after using marijuana, (O'Malley, Patrick and Johnston, Lloyd)
- After alcohol, THC (delta-9-tetrahydrocannabinol), the active ingredient in marijuana, is the substance most commonly found in the blood of impaired drivers, fatally injured drivers, and motor vehicle crash victims. Studies in several localities have found that



Source : [www.isteerclear.com/marijuana](http://www.isteerclear.com/marijuana)