

## Driving under the Influence

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*About three in every ten Americans will be involved in an alcohol-related crash at some point in their lives, according to the National Highway Traffic Safety Administration (NHTSA).*

Roads and highways are often at their busiest during the holiday season between Thanksgiving and New Year's Eve. Unfortunately, the holiday season is also one of the most dangerous times to be on the road due to the increase in alcohol-related accidents. In response, December has been proclaimed National Drunk and Drugged Driving (3D) Prevention Month by every President of the United States since 1981. As part of 3D Prevention month, some communities will also be stepping up local law enforcement to enforce impaired driving laws.

When you are out and about this holiday season, and throughout the entire year, keep in mind the following:

- Designate a designated driver before going out or drinking.
- If you do not have a designated driver and you have been drinking, use public transit or call a friend, family member, or a taxi for a ride home. Another option is to just stay where you are and sleep until you are sober.
- If you are with a friend who has been drinking, take their keys and don't let them leave your sight.

Finally, driving while intoxicated can have disastrous results. According to the Centers for Disease Control (CDC):

- Alcohol-related motor vehicle crashes kill someone every 31 minutes and non-fatally injure someone every two minutes.
- More than half of child passengers ages 14 and younger who died in alcohol-related crashes during 2005 were riding with the drinking driver.
- Alcohol-related crashes in the United States cost about \$51 billion every year.



**Source:**

[www.cdc.gov](http://www.cdc.gov)  
[www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)

**To speak with an EAP counselor or to make an appointment with a counselor, call 800 327-2384.**

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