



# Fact Sheet - Not One More

by Healthcare Heroes Against Impaired Driving



⊘ Don't Drive Buzzed. Don't Drive Drunk.  
Impaired Driving: What Every Adult Needs to Know

## ! The Reality

- **Over 13,000 people die each year** in the U.S. due to alcohol-impaired driving crashes.
- **Every 40 minutes, someone is killed** in a drunk driving crash.
- **Adults aged 25 to 54** are involved in **more than 60%** of these fatal crashes.
- About **80% of wrong-way driving** incidents involve impaired driving.

## 🍷 It Doesn't Take Much

- **Just 2-3 drinks in an hour** can push your blood alcohol concentration (BAC) over the legal limit of **0.08%**.
- Even at **0.02% BAC**, your **reaction time, judgment, and focus** start to decline.
- **"Buzzed driving is drunk driving"** — both are **dangerous** and **against the law**.

## 🚗 The Cost of a DUI

- **A DUI can cost you over \$10,000** in fines, legal fees, and lost income.
- You could face **license suspension, jail time, and a permanent criminal record**.
- **Insurance rates skyrocket** and stay high for years.
- **Nationwide, drunk driving costs the U.S. around \$44 billion each year** in damages and expenses.

**THINK BEFORE YOU DRINK AND DRIVE  
YOUR CHOICES DON'T JUST AFFECT YOU.**

**Drive sober. Use rideshare services. Stay overnight.**

## ✓ Make a Smart Move

- Plan a sober ride **before** you start drinking.
- Use **Uber, Lyft, taxis, or public transit** to get home safely..
- **Stay overnight** or **call a trusted friend** if needed.
- **Look out for others** — never let someone drive impaired.
- **Always wear a seatbelt.**

- "Coffee will sober me up."
- "I'm okay, I'm just buzzed."
- "I drive better after a drink."



- **Only time lowers your BAC** — no quick fixes or remedies.
- **Even small amounts of alcohol impair your driving abilities.**
- **Alcohol slows your reaction time and reduces focus**, increasing crash risk.



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**BECAUSE ONE PREVENTABLE DEATH IS ONE TOO MANY**