Let's Talk About Drink & Drug Driving

5 MINUTES
5 TIPS

#LetsTalkAboutCrime

1. To report a drink driver or someone who regularly drink or drug drives, call 101. In an emergency always call 999.

2. Do not drink and drive. If you’re not sure whether you’re over the limit or not, do not drive and arrange an alternative way to get home.

3. Organise how you’ll get home from a night out with a designated driver or licensed taxi company in advance.

4. If you have been drinking the night before, you could still be over the limit the next day. Get a lift to work.

5. Some medication can affect your judgement, vision and concentration. If you have been prescribed medication and are concerned about your ability to drive safely, consult your doctor or a pharmacist.

Any amount of alcohol will impair your ability to drive. In fact, the only way to know you’re definitely safe to drive is by not drinking. For more information, visit: essex.police.uk/letstalk

Read this leaflet? Pass it on to a relative, friend or neighbour. Let’s all talk about crime and how to prevent it happening.