

# Tips and Alerts

## Oneida County Prevention Council Bulletin

### Contact Us

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### Office Hours

Monday – Friday, 8:30AM to 4:00PM

### Website

[www.WhenTheresHelpTheresHope.com](http://www.WhenTheresHelpTheresHope.com)



## National Impaired Driving Prevention Month

December has been designated as National Impaired (Drunk and Drugged) Driving Prevention Month.

Americans are all too familiar with the terrible consequences of drunk driving. We have made great strides over the past couple of decades in sending the message that driving drunk is dangerous and poses a serious public health risk to all on the road; however, we still have a lot of work to do and need to become more serious to make similar strides with drugged driving. There can be a misconception that driving under the influence of marijuana or a prescription medication is somehow safer than driving while impaired by alcohol. We are also becoming increasingly aware of the dangers of driving with distractions such as text messaging or talking on a cell phone. The bottom line is impaired is impaired.

All of this is easily avoided by making smart choices. If you are at a holiday party, be aware of the amount of alcohol you consume and make other arrangements ahead of time if you know you will not be able to operate a vehicle safely. Remember, driving is not just impaired by alcohol consumption. Our ability to safely drive a motor vehicle can also be impacted by drug use, including medical marijuana and prescription drugs. Even drugs prescribed by a physician can impair perception, judgment, motor skills and memory.

When you drive drunk or drugged, you aren't just putting yourself at risk, you are endangering anyone else who is in your vehicle and everyone else on the road around you. Drunk and drugged driving can result in horrible tragedies, loss of life, and immeasurable pain and heartache for those we love most.

For more information on how you can help raise awareness about drunk and drugged driving, call Kathy Peters, Compeer/Prevention Specialist, at (315) 733-1709.

## Did you know?

Drunk driving is often a symptom of a larger problem: alcohol misuse and abuse.

Alcohol-impaired motor vehicle crashes cost more than an estimated \$37 billion annually.

In 2014, more than 10,000 people died in alcohol-impaired driving crashes and nearly 300,000 were injured.

Of the 1,210 traffic deaths among children ages 0 to 14 years in 2010, 211 (17%) involved an alcohol-impaired driver.

If you are interested in learning more about how you can get involved with Oneida County Communities that Care Coalition, or if you have any questions, please contact Judith H. Reilly, Services Director, at [jreilly@cflrinc.org](mailto:jreilly@cflrinc.org).