

Florida State University SIDNE Fact Sheet

Did you know that ...

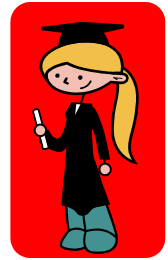
- Besides alcohol, driving under the influence of drugs such as stimulants, sleep medication, cold medication and marijuana causes accidents
- It is not okay to ride with a driver who has been drinking after they have consumed several cups of coffee; they are still impaired
- Wearing your seat belt all of the time, even if you are going only a short distance, saves lives
- The American Medical Association recommendation for persons 21 and over is no more than one drink per day for females and no more than two drinks per day for males
- It is important to keep your hands on the wheel at all times

Website Info available to college students

<http://www.collegedrinkingprevention.gov/CollegeStudents/> one-stop resource for comprehensive research-based information on issues related to alcohol

<http://www.mystudentbody.com> engaging interactive tools, flash animation, peer stories, and student-friendly informational pieces (Student code "SEMINOLE" – all caps)

<http://www.friendsdrivesober.org> comprehensive information on how big the impaired driving problem really is and also what steps you can take to prevent it



A SOBER designated driver has not consumed alcohol in the past 24 hours



RULES OF THE ROAD

- ✓ If you choose to drink, have a SOBER designated driver
- ✓ Coffee does NOT sober up someone who has been drinking
- ✓ Avoid getting into a car with a driver who has been drinking – even a couple of drinks
- ✓ If you are the designated driver do not drink any alcoholic beverages that day
- ✓ Do not talk on the cell phone, shave, put on your make-up, read, etc., while you are driving
- ✓ ALWAYS wear your seatbelt
- ✓ Never take your hands off the wheel for anything!

One Standard Drink Equals ...

- 1 – 12 oz. can/bottle of beer
- 1 – 4 oz. glass of wine
- 1 – mixed drink with 1 shot of liquor
- 1 – 1 ½ oz. liquor (standard shot)
- 1 – 12 oz. bottle of wine cooler