Don’t Get Bombed — Get Involved!!

* Start a campus group to raise awareness about alcohol issues. For example, many colleges have chapters of BACCHUS (Boost Alcohol Consciousness Concerning the Health of University Students). For more information contact BACCHUS of the U.S. Inc., PO Box 10430, Denver, CO 80210, or call 303-871-3068.

* Team up with your campus police or AAA to present Safe Driving Seminars.

* Volunteer to assist high school Driver’s Ed. Classes to heighten the awareness of teens to the dangers of drinking and driving.

* Kick off a special event, such as homecoming or Mountaineer Week, with a mammoth line-up of smashed cars from alcohol-related crashes. The UPD and the local salvage yards can help.

* Start a “Tipsy Taxi” program to provide free rides to anyone who needs a safe ride home. Encourage others to use the Campus P.M. Shuttle service.

* Work with the local and campus paper to get proactive messages published on the dangers of alcohol abuse.
DYING TO DRINK

THE HARD FACTS!!

Who Gets Hurt?
People like you …
- Three out of five Americans will be involved in an alcohol-related car crash.
- Someone is injured in an alcohol-related crash every 32 seconds.

Who Gets Killed?
People like you …
- In 2006, 17,602 people were killed in alcohol-related auto accidents. Of these, 3,406 were 16 to 20 years of age. That’s about 66 young people killed in drunk driving related accidents every week.

Who Pays?
We all do …
- The estimated yearly economic cost of alcohol-related auto accidents is between $21 to $45 billion depending on the statistics you use.

Why Are Drinking and Driving a Lethal Combination?
- Judgment is the first capacity affected by alcohol. People who’ve been drinking frequently believe that they’re less affected than they are.
- Coordination, vision, and motor skills are drastically impaired by alcohol. Consumption.
- Being fatigued, stressed, under the weather, or using any medicine can dramatically increase alcohol’s effect, making one harmless drink—lethally intoxicating to someone behind the wheel.

How Much Is Too Much?
The only completely safe alcohol consumption level before driving is ZERO.
- If you or anyone else is concerned about your sobriety, don’t drive. Get a ride or stay where you are (spend the night if necessary) until you are sure you’re able to drive safely.
- Plan ahead. Designate a driver who agrees to “down” only non-alcoholic drinks.

Watch Out for the Other Guy!
On an average weekend evening, approximately one out of every ten drivers is legally impaired or drunk. Any time of day or night, use seat belts, and be alert to signs of a drunk driver, such as:
- Unusually wide turns
- Weaving, swerving
- Hugging the center line, or driving left of center
- Excessively fast or slow speeds
- Stopping suddenly without apparent cause
- Inconsistent turn signals
- Driving without headlights off in the dark
- Driving with windows down in cold weather

If a driver ahead of you seems impaired, don’t try to pass. Maintain extra distance, and be prepared to stop suddenly. If the driver is behind you, turn right at the next intersection to let them get ahead of you. If the driver is coming toward you, slow down, move to the right, and stop. If safe to do so, call the police.

Beyond the Highway
Alcohol can be deadly anytime, any place. The dangers of drinking are clear, but some other facts and situations to keep in mind:
- As many as 40 percent of fatal accidents (falls, drowning deaths, etc.) involve alcohol. Alcohol use on or near the water is especially hazardous.
- Alcohol and depression are a deadly duo. One-third of all suicides occur while the person is under the influence of alcohol or other drugs.
- About 10,000 people die each year from alcohol related overdoses. Large amounts of alcohol are toxic—as lethal as any other poisonous substance.
- Drinking before or after heavy exercise (a tennis or softball game, volleyball, or football scrimmages) can be particularly dangerous. Exertion coupled with alcohol can put a nasty strain on even the best-trained athlete.
- Alcohol consumption plays a role in violence. About 10,000 murders occur each year in situations involving alcohol.
- Anyone who is intoxicated is more vulnerable to crime, from muggings to rape.