

ALCOHOL AND DRIVING

Any amount of alcohol affects your ability to drive but if you exceed the limits you risk a large fine, a minimum 12-month driving ban, possible imprisonment and a criminal record.

A conviction for drink driving also means your car insurance costs will increase significantly. If you drive for work, your employer will see your conviction on your licence for up to 11 years after the event.

So if you're driving, it's better to have **none** for the road. In addition, think about when you would be safe to drive the "morning after" you've been drinking.

Having a drink?



ORGANISE

Are there alternative ways to get home? Use public transport or ask a friend or partner to pick you up but don't accept a lift from a driver you know has drunk alcohol.



TAKE YOUR TIME

On average, it takes around one hour for a unit of alcohol to pass through the body. It is a myth to think that taking a shower or having a coffee will help you to sober up any faster.



THINK

Getting in the car under the influence of alcohol is not a sensible risk to take. You risk causing death or injury to you or someone else, losing your license or your job.

Stop, think and if in doubt **DON'T DRIVE!**



80mg/
100ml



80mg/
100ml



50mg/
100ml

Know the limits

The current legal alcohol limit in England and Wales is 80mg/100ml of blood. However, this is reduced to 50mg in Scotland.

Penalties

You could be imprisoned, banned from driving and face a fine, if you're found guilty of drink-driving.



The morning after

You could be over the legal limit many hours after your last drink, even if it's the 'morning after'. Sleep, coffee and cold showers don't help to sober you up.

What is a unit?

Do you know what an alcohol unit is? [Find out here.](#)

Information correct as at November 2019. | Source: Gov.uk <https://www.gov.uk/drink-drive-limit>

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