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

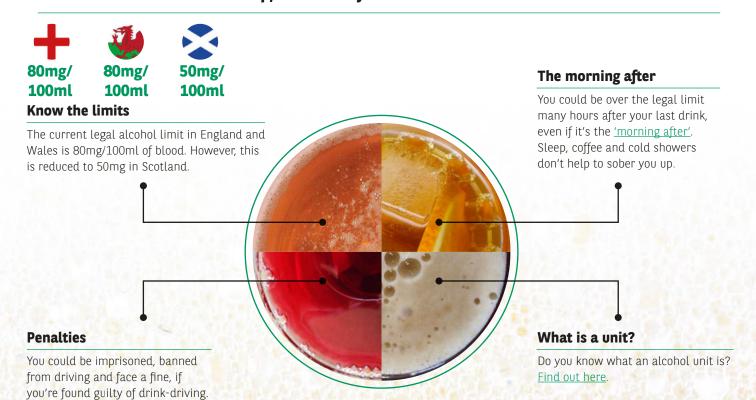
On average, it takes around one hour for a unit of alcohol to pass through the body. It is a myth to think that taking a shower or having a coffee will help you to sober up any faster.



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!



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

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For the many journeys in life.