

# AUTO INSIGHTS

Auto and driver risk management tips provided by: Atlantic Pacific Insurance

## Did You Know?

Someone gets injured in an alcohol-related car accident every 90 seconds in the United States. Driving while under the influence is not dangerous only for the impaired driver; other motorists and pedestrians are put at serious risk, too.

## DON'T DRINK AND DRIVE!

Use these tips to prevent drinking and driving:

- Designate a driver. This person is responsible for driving all those who consumed alcohol home safely.
- If your designated driver chooses to drink, call a cab or a family member to pick you up.
- If you plan to drink responsibly, be sure to stick to your choice. It may be tempting to overdrink, but if you plan on driving, be sure to follow the simple rule of having one standard drink per hour, followed by a tall glass of water.

Use the following pointers to gauge how much is too much when it comes to drinking responsibly:

- A standard drink is defined as:
  - One 12-ounce beer
  - One 5-ounce glass of wine
  - One mixed drink with 1.5 ounces of liquor
  - 1.5 ounces of liquor
- Be mindful that these rules do not apply to everyone. Tolerance varies greatly, so it is wise for you to give someone else the keys when you drink, even if you are following this rule.

## Safety First

Another cause for concern when drinking responsibly is the interaction between prescription or over-the-counter medication and alcohol. Some medications combined with alcohol will affect how well you can safely drive. Follow the directions and warning labels on your medications carefully, and consider not drinking alcohol if you are taking medication to avoid potentially dangerous side effects.

## Atlantic Pacific Insurance

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