



Drinking rum and eggnog is a great way to celebrate the holidays. But if you're drinking, just don't drive—otherwise you could be stopped at a roadcheck as part of a month-long CounterAttack campaign with ICBC and the province.

Despite what you may think, no amount of coffee, cold showers fresh air or food will make you sober—not even that extra serving of turkey and pie! The only cure is time. Did you know it takes about six hours for your body to eliminate alcohol when you're at the legal limit (.08 blood alcohol concentration)?

Here are some other myths, you should know:

If I'm under .08, I'll be okay to drive

False. Drinking and driving starts with your first drink. By the time you reach .02, you'll start to have difficulty doing more than one task and keeping your attention and alertness. By the time you reach .04, your ability to react to the unforeseen will be affected as will your judgment about speed and safe distances. And by the time you reach .08 (the legal limit), your judgment, reaction time, vision, balance and ability to drive will be impaired.

No one gets caught drinking and driving. And anyways, the penalties aren't that bad.

False. If you already have two roadside suspensions or one administrative driving prohibition (ADP), you'll have to go to an alcohol rehabilitation program and maybe even install an alcohol interlock device in your vehicle. If you get a criminal drinking and driving conviction, you may go to jail, miss out on job opportunities or be restricted on travelling outside of Canada.

Driving stoned isn't as bad as driving drunk.

False. Studies show that “stoned” drivers can be as dangerous as drunk drivers. Depending on what you’ve smoked, swallowed or injected, your impairment could range from slowed reflexes and flawed depth perception to hallucinations, psychosis and seizures. New legislation means police now can test for drug-impairment and charge drivers who refuse to provide blood, saliva or urine samples when requested.

Drivers are reminded of these safety tips:

- Remember, drinking and driving starts with your first drink. So, make a smart choice: choose a designated driver before going out, keep money aside for a bus or taxi, call a friend or stay overnight.
- Don't get in a car with a driver who has been drinking alcohol. Ask to get out of the car if necessary.
- If you see an impaired driver, report it to your local police detachment—call 911.
- Talk about the issue often with your family and friends.

For more information, visit icbc.com.