



## Why avoid alcohol and drugs while driving?

We know that alcohol and drugs are not good companions while driving a vehicle, but do we know how it affects us while driving? Do we know the risks to which we expose ourselves and others?

When we drink alcohol,

- our driving abilities are reduced,
- **movements** and **reactions** are slower,
- we feel **muscle fatigue**,
- we feel **sleepier**,
- **our concentration decreases**,
- **coordination suffers**,
- **perception, vision, and hearing are impaired**, that is, all our senses, movements, consciousness, and reaction are altered.

With **drugs** the effects while driving is different depending on the substance consumed.

In general, they may cause **distorted perception, aggressiveness, stimulation, drowsiness, mood changes, relaxation, lack of concentration, alteration of colors**. All of these may lead to:

- **overconfidence** in your skills,
- difficulty or **loss of reflexes**,
- **decreased ability to react and make decisions**,
- **disorientation**,
- **blurred vision**,
- **glare**,
- **distractions**.



By consuming alcohol or drugs while driving, we put ourselves at an extremely high risk of suffering or causing an accident.

Remember that your body will not react as you want it to, or for as long as you want it to.

Act responsibly: **if you are going to drink alcohol or use drugs, do not drive.**

**We are counting on you for a responsible and safe mobility!**