

## THE EFFECTS OF ALCOHOL IN YOUR BLOOD.

Even the smallest amount of alcohol in your blood can impact your ability to drive.

BLOOD ALCOHOL CONCENTRATION (BAC) IN G/DL	TYPICAL EFFECTS	PREDICTABLE EFFECTS ON DRIVING
0.02	Some loss of judgment. Relaxation, altered mood.	Decline in visual functions (rapid tracking of a moving target), decline in ability to perform two tasks at the same time (divided attention).
0.05	Exaggerated behavior, possible loss of small-muscle control, such as focusing your eyes. Impaired judgment, reduced alertness and inhibition.	Reduced coordination, reduced ability to track moving objects, difficulty steering, reduced response to emergency driving situations.
0.08	Muscle coordination becomes poor (balance, speech, vision, reaction time, and hearing), harder to detect danger. Judgment, self-control, reasoning, and memory are impaired.	Loss of concentration and short-term memory, reduced speed control, information processing capability (such as traffic signal detection), visual search, and perception.
0.10	Clear deterioration of reaction time and control, slurred speech, poor coordination, and slowed thinking.	Reduced ability to maintain lane position and brake appropriately.
0.15	Far less muscle control than normal, major loss of balance.	Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing.

## CANNABIS IS NOW MORE POTENT THAN BEFORE.

The potency of THC in cannabis is often represented by a percentage of THC by weight. (Or, if an oil, by volume). Regular use of high-potency cannabis is linked with increased risk of addiction and psychosis.

**THC potency in dried cannabis has increased from an average of 3% in the 1980s to around 15% today.**

**After consuming cannabis - whether you are smoking or eating an edible - you can start to feel the effects within moments, and those impairing effects can last for up to 12 hours. This means you may still be affected the next day after consuming. It's important to know how any drugs are going to affect you before you get behind the wheel. If you are planning to use drugs, plan ahead and get a sober driver.**

**Maine has specially trained Drug Recognition Experts who can identify drivers under the influence of mind-altering substances through a standardized 12-step evaluation process.**

Maine Bureau of Highway Safety



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# DRIVE SOBER MAINE.



Maine Bureau of Highway Safety



[www.maine.gov/dps/bhs](http://www.maine.gov/dps/bhs)

# WHAT IS IMPAIRED DRIVING?

There are many substances that can impair and seriously affect your ability to drive, including alcohol, cannabis, some over-the-counter and prescription medicines, and illegal drugs.

Impaired drivers can't accurately judge their own impairment – which is why no one should drive after using any impairing substances.

Alcohol, cannabis, and other drugs can impair the ability to drive because they slow coordination, judgment, and reaction times. Cocaine and methamphetamine can make drivers more aggressive and reckless. Using two or more drugs at the same time, including alcohol, can amplify the impairing effects of each drug.

Some prescription and over-the-counter medicines can cause extreme drowsiness, dizziness, and other side effects. Read and follow all warning labels before driving, and note that warnings against “operating heavy machinery” include driving a vehicle.

It's illegal for any person with a blood alcohol concentration of 0.08 or greater to operate a vehicle.

Unlike alcohol, the effects of which are predictable and have been studied for more than 100 years, the effects of other drugs can vary widely. That's why there's no “legal limit” for drug impairment like there is for alcohol. It's illegal to drive while even slightly impaired by drugs.

# OPERATING UNDER THE INFLUENCE (OUI)

You can't drive safely if you're impaired. That's why it's illegal everywhere in America to drive under the influence of alcohol, cannabis, opioids, methamphetamines, or any potentially impairing drug, prescribed or over the counter.

Here's what the Maine-specific law has to say:

**A person commits OUI if that person:**

**Operates a motor vehicle:**

**(1) While under the influence of intoxicants; or (2) While having an alcohol level of 0.08 grams or more of alcohol per 100 milliliters of blood or 210 liters of breath; 29-A MRS 2411**

**“Under the influence of intoxicants” means being under the influence of alcohol, a drug other than alcohol, a combination of drugs or a combination of alcohol and drugs. 29-A MRS 2401 (13)**

Every day, about 37 people in the United States die in drunk-driving crashes — that's one person every 39 minutes. In 2021, 13,384 people died in alcohol-impaired driving traffic deaths — a 14% increase from 2020. These deaths were all preventable.

For more information please visit [NHTSA.gov](https://www.nhtsa.gov)

# PREVENTING IMPAIRED DRIVING.

We can all help look out for each other and even save lives by making smarter, responsible choices.

**If you plan to use an impairing drug or alcohol, plan ahead and arrange for a sober driver.**

**Don't let your friends get behind the wheel if they're under the influence of drugs or alcohol.**

**If you're hosting a party where alcohol or other substances will be used, make sure all guests leave with a sober driver. If necessary, take their keys and help them arrange a sober ride home.**

**Always wear your seat belt. It's your best defense against impaired drivers.**

Being a responsible driver is simple. If you're drinking or under the influence of any other substance, don't drive. And if you see an impaired driver on the road, contact local law enforcement. Your actions could help save someone's life.

