



Drink driving is a big problem in Africa, especially for young people. Did you know that road crashes are a leading cause of death and disability in Africa? In 2019, over 60,000 young people aged 15–29 died from road injuries in the African region (that's over 6 people every hour) and many of these crashes involve alcohol. Yet, the truth is alcohol-related road injuries and road traffic crashes are 100% preventable.

You may think that driving after drinking is 'not a big deal' but the truth is that it's extremely dangerous and careless. Even a small amount of alcohol can impair your ability to drive safely. In fact, drivers who consume alcohol and then drive are 17 times more likely to be killed than non-drinkers.

Just one drink increases your risk of road traffic crashes, injuries and death, and puts others at risk too. Alcohol affects your driving, even before you or other people can detect signs of intoxication.

Drink driving can change the trajectory of your life and others for the worse. It only takes one drink to lead to a fatal car crash. Do the right thing; stay sober if you are driving. Always choose to **#ArriveAlive**.



Let's get the facts straight:

There are many things people say to convince themselves that drink driving is acceptable. Let's clear these up.

"I'm only putting myself at risk. There's no one else in my car or on my motorcycle."



FACT: Drink driving puts other people in danger such as pedestrians, cyclists and other drivers. When you consume alcohol and drive, you can not only cause injury, road crashes and or death for yourself, but you can put others at risk too. Don't be careless, be considerate.



"It's only one drink! It won't affect my driving."



FACT: Even one drink impairs your judgement. One of the major causes of road deaths is alcohol, whether you drink little or a lot. Alcohol, even at low to moderate levels, causes poor balance, poor vision, poor reaction time, poor judgement – the perfect cocktail for road injuries and deaths. Driving whilst under the influence can lead to risky behaviours such as not using seat belts or helmets, speeding, and the use of illicit drugs. Simply put: **choosing to drive, even after one drink, puts you and others at risk of injuries and road traffic crashes.**



Socialising without drinking allows for you to be and feel in control, connect more meaningfully with your friends, and decreases your risk of road crashes. However, it's important to remember that If you drink, do not drive. Instead, organise a non-drinking friend to drive you, or use public transport such as a bus, train or taxi to ensure you get home safe.

"I'm a great driver! It doesn't matter if I drink or not."



FACT: The truth is simple. Do not drink and drive. Did you know that all alcohol-related injuries and road traffic crashes are preventable? Consuming alcohol increases your risk of injuries, road crashes and death, and puts many other people at risk too. Staying sober is a great way to ensure your safety and that of others. Always choose to arrive alive.



"If I don't drink, I won't have fun!"



FACT: You can have fun sober. Many young people think they need alcohol to have fun, but this simply isn't true.



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Golden Rules to #ArriveAlive

You can prevent alcohol-related injuries and road traffic crashes by following these tips:

1

If you are driving, stay sober.

2

If you drink, do not drive. Instead, organise a non-drinking friend to drive you or use public transport such as a bus, train or taxi to ensure you get home safe.

3

Do your best to make sure people you ride in a vehicle or motorcycle with are not drinking as well. Being under the influence can lead to risky behaviours such as not using seat belts or helmets, speeding, and the use of drugs.

4

If a friend is adamant about driving after drinking, do your best to appeal to them by discussing the risks of drink driving and give them alternative options such as taking public transport, or a sober family member or friend driving them instead.

Here's what African countries can do to reduce alcohol-related injuries and road traffic crashes

WHO recommends that countries should set Blood Alcohol Concentration (BAC) limits in accordance with best practice, which is 0.05% or less for the general population and 0.02% or less for novice and professional drivers. BAC limits refers to how much alcohol you have in your bloodstream.

This is an effective measure to reduce the risk of drink-driving and deaths from road crashes. African governments should follow WHO recommendations and make policy changes to reduce drink driving in their countries.



For more
information
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www.who.int/initiatives/SAFER



Other measures countries can adopt include Random breath testing by the police. Policies to reduce availability and accessibility of alcohol, are also important to reduce alcohol-related injuries and road traffic crashes. Most importantly governments must enforce policies in place!



World Health
Organization

African Region



<https://www.afro.who.int/ArriveAlive>

Here's how you can play your part

Be a responsible driver yourself: Set a good example by always driving sober. If you plan to drink, make sure you have a designated driver or use public transportation. By being a responsible driver, you not only protect yourself and others but also send a message that drink driving is unacceptable.

Educate others about the dangers of drink driving: Share statistics and stories about the negative impact of drink driving, such as the risk of accidents, injuries, and fatalities. You can do this through social media, public speaking, or even just talking to your friends and family.

Support organisations and initiatives that promote safe driving: Consider supporting these groups by volunteering your time, donating, or spreading awareness about their mission

Advocate for policy change in your country: If your country does not have WHO-recommended BAC limits in place, advocating for policy change in your country can be an effective way to address the issue of drink driving. You can advocate by engaging policy makers via email, social media, writing letters, calling them and scheduling meetings with your local and national policymakers to adopt WHO recommendations and implement them. Be prepared to make a persuasive case for change