

# Even a small distraction slows your reaction.



## Drinking slows your thinking...

...and your reactions. If you're drinking always nominate a sober driver or have alternate plans for how to get home.

  
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**Are you socialising?**

- Have a plan to get home safely – grab a taxi or Uber or nominate a sober driver.
- Support family and friends to get home safely – be the sober driver or call a taxi.
- Drive sober – if you're impaired, don't get behind the wheel.

**Each of us, looking out  
for each other .**

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