

# Drug Driving

- Don't Discover the Facts by **ACCIDENT**

"Drug Driving" describes anyone who drives under the influence of a substance, which affects their ability to drive. The detrimental influence of alcohol on the ability to drive safely is proven. Drugs affect the way you think and behave and this can have a significant impact on judgement and reaction times.

Many drugs can affect our ability to drive safely. These drugs include illegal (illicit) drugs, as well as legal drugs such as alcohol and medicines (prescribed and over-the-counter).

## Is it worth mixing drugs and driving?

Causing an accident while driving under the influence of drugs, including alcohol, can have serious consequences, such as injury or death to others and could result in a four year driving ban and a fine of up to €5000. If you get caught driving whilst under the influence of drugs, The penalties can be the same as they would be for drink driving, plus you will have a reference to drugs on your record.



# NEVER DRIVE UNDER THE INFLUENCE OF ANY DRUGS

All the following drugs can affect your driving:

- Prescription Drugs
- Over the counter drugs
- Recreational Drugs
- Illicit Drugs

## Stimulants

Stimulants speed up your brain and body.

Common stimulants include:

- Amphetamines
- Slimming Pills
- Some cold and flu medication
- Ecstasy
- Cocaine
- Crack Cocaine

They can affect driving ability by causing impaired co-ordination, aggressiveness, hyperactivity, hallucinations, blurred vision, dizziness and fainting, fatigue.

## Narcotic Analgesics

Narcotic Analgesics include:

- Opiates - morphine, heroin, codeine
- Methadone
- Pethidine

They can affect your driving ability by causing impaired co-ordination, slow reflexes, blurred vision, sleepiness.

## Depressants

Depressants slow down the brain and body.

Common depressants include:

- Codeine based painkillers
- Cough Mixtures
- Allergy Medications
- Benzodiazepines
- Anti depressants
- Antihistamines
- Barbituates
- Sedatives

They can affect your driving ability by causing impaired co-ordination, impaired reaction times, impaired alertness, memory loss, dizziness, fatigue, nausea, tremors

## Other Drugs

- Cannabis
- Hallucinogens
- Solvents
- Beta blockers

These can affect your driving by causing impaired co-ordination, unconsciousness, muscle weakness, impaired reaction time, poor vision, inability to judge distance and speed, distortions of time, place and space.

## Medicines

Some medicines, both prescribed and over-the-counter, can produce effects that impair the ability to drive safely.

It is not always possible to predict whether or not a medicine will affect your driving. You may not notice that a medicine has impaired your ability to drive safely until you are in a driving situation that requires a fast and accurate response in order to avoid a crash.

Please ask your doctor or pharmacist for advice

*If you take drugs while driving it may be your last trip.*