



## Drink Driving

Dear all,

Please see the information supplied re drink driving, quite sobering when you realise how long alcohol takes to pass through your body. Its never worth it, driving and alcohol should never be mixed.

**SHOULD YOU DRIVE THE MORNING AFTER?**  
Number of hours per drink + 1 hr = minimum time to allow before driving, calculated from your LAST drink

	3.5 hrs 13% Large Glass Wine	2.5 hrs 4% Pint	1.5 hrs 40% Single Spirits	2 hrs 5% Alcopop	3 hrs 40% Double Spirits	2.5 hrs 5% Lager
1	3.5 hrs	2.5 hrs	1.5 hrs	2 hrs	3 hrs	2.5 hrs
2	7 hrs	5 hrs	3 hrs	4 hrs	6 hrs	5 hrs
3	10.5 hrs	7.5 hrs	4.5 hrs	6 hrs	9 hrs	7.5 hrs
4	14 hrs	10 hrs	6 hrs	8 hrs	12 hrs	10 hrs
5	17.5 hrs	12.5 hrs	7.5 hrs	10 hrs	15 hrs	12.5 hrs

**Call the police on 999 to report a drink/drug driver**