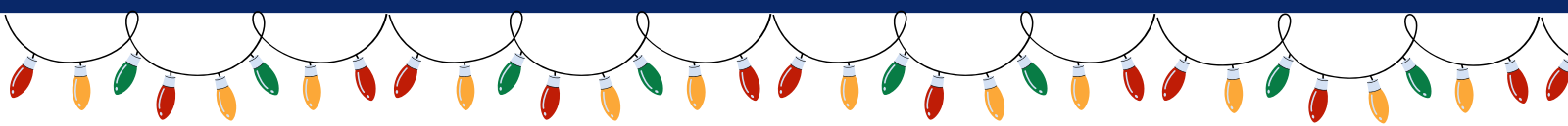


Alcohol and Drug Snapshot

December 2024



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Festivities are now underway and whether you are attending a work night out, celebrating with friends and family or going to the Christmas markets remember that if you are drinking alcohol don't put yourself and others at risk by drink driving.

Alcohol can affect you in the following ways: slower reaction times; blurred vision; being unable to judge speed and distances properly; loss of concentration; difficulty in making rational decisions; impaired coordination; increased risk-taking.

Just one drink can put you over the limit. So it's best not to risk it.

The Law in Scotland

The limit in Scotland is:

- Breath alcohol is 22mcg per 100ml of breath
- Blood alcohol limit is 50mg per 100ml blood
- 67mg in 100ml of urine

[Source](#)

Road Safety Scotland have created a campaign that includes many resources that can be shared on social channels.



Enjoy your night out and don't forget the morning after!

If you're going out, the best thing to do is make plans in advance. Here are a few tips if you are going out and planning to drink alcohol:

- Pre-book a taxi
- Look into the options for public transport before you go out
- Agree on a designated driver, who won't touch any alcohol

If you are driving, opt for non-alcoholic options and soft drinks.

Don't forget the morning after.

If you've had a lot to drink the night before, you'll probably still be over the limit, no matter what you might think.

Don't risk it – just get public transport or a taxi to work/to go out.



Did you know?

It's a myth that coffee, cold showers or being in fresh air help you to sober up or get alcohol out of your system more quickly. They don't. The only thing that does is time.

[Source](#)

Further Information



For more detailed information on alcohol and driving visit Road Safety Scotland.