

## Medicines and foods with alcohol

Some medicines and mouthwashes may contain alcohol (ethanol).

Some foodstuffs such as fruitcake and trifle may also contain alcohol.

If you are going to drive, avoid these things otherwise you may not be able to convince a court that you didn't consume an alcoholic beverage or another substance for the purpose of consuming alcohol.

## Here's what you risk if you drink any alcohol and drive

- ➔ Kill or injure yourself or someone else.
- ➔ Lose your licence.
- ➔ Be fined up to \$1,100 for a first offence.
- ➔ Have a criminal record.



For further enquiries:



[www.rta.nsw.gov.au](http://www.rta.nsw.gov.au)



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Roads and Traffic Authority



The legal blood alcohol limit for your licence is ZERO



If you're on your



licence the legal blood alcohol limit for your licence is ZERO.

This doesn't mean you can't have fun. It just means you cannot drive or ride a motorcycle after consuming ANY alcohol.

## On the night ... think about how you are going to travel

- Leave the car or motorcycle at home.
- Share a taxi with friends to cut costs.
- Stay the night at a friend's place.
- Use a train or bus – check timetables to avoid waiting at train stations or bus stops.
- Organise to be picked up by someone who is not drinking.

## The day after ... getting back to zero

If you go out drinking and have a big night you may still be over the zero limit the next day. So you must not drive until all the alcohol has been eliminated from your body.

Sobering up takes a long time and no amount of coffee, food, physical activity or sleep will speed up the process. Consider the cases of Ben and Melita.

## Getting back to zero takes time

### Ben

Ben is 19 and holds a P2 licence. He started drinking at 6pm and had 10 schooners of full strength beer (15 standard drinks) over 6 hours. At midnight his blood alcohol concentration (BAC) was 0.17. He got a cab home.

It took over 11 hours before Ben's BAC was back to zero. So the day after Ben was not able to drive his friends to the beach for an early morning surf. He had to wait until almost midday before he could legally drive.



### Melita

Melita is 18 and holds a P1 licence. She started drinking at 10pm and had 6 mixer (9 standard) drinks over 4 hours. At 2am her blood alcohol concentration (BAC) was 0.24. She stayed the night at a friend's house.

It took over 16 hours before Melita's BAC was back to zero. So the day after Melita had to get her mum to drive her to work because her BAC was still above zero in the late afternoon. She had to wait until 6pm that night before she could legally drive.

