

GETTING BACK ON THE ROAD:

Relaxing of COVID-19 Measures and Impaired Driving Risks



It might be tempting to think we can return to the same driving behaviours as before COVID-19, but some things have changed.

Here are tips to reduce the risks to yourself and others as restrictions on travel are lifted:



Ease back into driving. Your driving skills might not be as proficient after self-isolation and working remotely.



There may still be fewer emergency and healthcare services available to respond to crashes.



Pedestrians might still be walking on roads to maintain physical distancing.



If your patterns of consuming alcohol, cannabis or other drugs changed during self-isolation, take notice as it might take time to return to previous patterns. Consider reducing or modifying your alcohol and drug consumption to ensure you can safely drive and return to a regular schedule.



Ask your pharmacist or healthcare provider about any medications you might have started during COVID-19. Some medications can impair driving ability and can interact with other drugs such as alcohol.



As you return to socializing in public spaces, you might choose to drink alcohol, or use cannabis or other drugs. Plan ahead! Alternatives to driving (taxis, buses, rideshares) may remain limited.

Make safety a priority as you change your self-isolation behaviours according to public health advice.

Don't drive impaired by alcohol, other drugs, or prescription or over-the-counter medications.



Canadian Centre
on Substance Use
and Addiction

For more information, visit our COVID-19 resources page at
www.ccsa.ca