

COVID-19 AND IMPAIRED DRIVING RISKS



There are increased risks for driving impaired during self-isolation. We must do our part by being aware of the risks and reducing them for ourselves and others.

DIFFERENT DRIVER HABITS

You may feel stress and anxiety because of the COVID-19 restrictions, which could result in you:



Consuming more alcohol or cannabis



Trying medications, such as those to manage stress and anxiety, for the first time



Consuming alcohol and other drugs at different times than before



Combining medications with other drugs, such as alcohol and cannabis

If you drive, remember that alcohol, cannabis and some drugs, including prescription and over-the-counter medications, can impair your ability to operate a vehicle safely. Combining some of these drugs can increase impairing effects.

DIFFERENT DRIVING CONDITIONS

Although there may be fewer vehicles on the roads while COVID-19 measures are in place, be cautious of other safety issues:

- Fewer emergency and healthcare services available to respond to crashes
- Limited options for alternatives to driving (taxis, buses, rideshare, etc.)
- Reluctance to use alternatives because of risk of exposure to COVID-19
- Pedestrians walking on roads to maintain physical distancing
- Increased possibility of stunt driving and speeding
- Use of recreational vehicles (e.g., boats, ATVs) by drivers who have consumed alcohol, cannabis or other drugs

These risky conditions are harder to manage under the influence of alcohol, drugs or impairing medications.



Canadian Centre
on Substance Use
and Addiction

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