

## ALCOHOL + AUTOMOBILE = ARREST

The law assumes that if you choose to drive after consuming alcohol, then you have accepted the risk and responsibility incurred if you are involved in an accident.

Intoxication is measured by Blood Alcohol Level (BAL). You are considered intoxicated when your BAL reaches .08 percent. At this level, you are approximately six times more likely to get into an accident than someone who is sober.

A person's judgment is the first thing that alcohol consumption affects. Without your judgment intact, you may find yourself following too closely to the car in front of you, passing without enough distance to do so, pulling out into traffic without enough time or distance to do so safely, driving too fast, and failing to negotiate turns or obstacles. Alcohol does not stop with your judgment though, it also relaxes your eye muscles. This can lead to lazy vision, an inability to see clearly at night, loss of depth perception, and a loss of peripheral vision.

If you are still thinking about drinking and driving, consider that in the state of Florida, even a first time DUI can result in thousands of dollars in fines and fees, lost wages, and attorney's fees. A second time DUI will most likely result in jail time and a revocation of your license.



Please, think  
before you drink in  
Alachua County.

## CONTACT Us:

**9-1-1 FOR EMERGENCIES**

352-955-1818 FOR NON-EMERGENCIES

### *ACSO Important Phone Numbers*

ACSO Main Administration	352.367.4000
Crime Prevention Unit	352.374.1800
Crime Stoppers & Gun Bounty	352.372.7867
Dept. of the Jail	352.491.4444
Evidence Section	352.367-4076
Human Resources	352.367.4040
Narcotics Tip Line	352.374.1849
Patrol	352.367.4101
Public Information Office	352.367.4050
Property Unit	352.367.4078
Records Bureau	352.367.4006
Victim Advocate Unit	352.367.4199



BROUGHT TO YOU BY:

### *Sheriff Emery A. Gainey*

P.O. Box 5489, Gainesville, FL 32627  
2621 SE Hawthorne Road, Gainesville, FL 32641  
<https://www.acso.us>



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ACSO 2023

ALACHUA COUNTY SHERIFF'S OFFICE

ALCOHOL ABUSE & D.U.I.

## ALCOHOL AWARENESS

Did you know that alcohol is the number one used and abused drug in the nation? Alcohol is a central nervous system depressant. That means that it slows you down. Alcohol, in small doses, may relax you. But just as it relaxes and slows your respiration and heart rate, it also relaxes your inhibitions and slows your responses.

“But I only drink beer, not the hard stuff,” is a familiar refrain; however, one beer, one glass of wine and one shot of liquor are all roughly the same amount of alcohol. The type of alcohol is irrelevant; it is the amount. This is affected by your gender and weight. A woman will be affected before a man and a lighter person will be affected before a heavier person.



Here are several sobering reasons to think before you drink:

- ⇒ Alcohol is the number one addictive substance in the U.S. The 2021 National Survey on Drug Use and Health (NSDUH) reported that 133.1 million Americans age 12 or older consume alcohol, with 60 million binge drinking.
- ⇒ In college students ages 18-22, the study found that 49.3 percent of them drink alcohol and nearly 27.4 percent engage in heavy alcohol use.

- ⇒ Over half of all adults have a family history of alcohol dependence.
- ⇒ About 7.5 million American children age 17 or younger live in a household with at least one alcohol-dependent parent.

## ALCOHOL ABUSE CONSEQUENCES

Alcohol abuse has consequences for the drinker and for society.

- ⇒ Excessive alcohol consumption can lead to serious adverse health conditions such as liver damage/disease, heart disease, stroke and even cancer.
- ⇒ According to the Centers for Disease Control (CDC), alcohol abuse kills more than 140,000 people per year in America, making it the fourth leading cause of preventable death in the country behind tobacco, poor diet, physical inactivity, and illegal drugs.
- ⇒ Alcohol abuse often leads to unintentional injuries, such as motor-vehicle crashes, falls, drowning, burns and firearm injuries.
- ⇒ Alcohol abuse contributes to risky behaviors such as unsafe sexual practices.
- ⇒ Fetal Alcohol Syndrome is a serious birth defect resulting from excessive alcohol consumption during pregnancy. Babies born with FAS may suffer brain damage, altered facial features, deformities, developmental defects, and many other problems throughout their life span.
- ⇒ Long-term excessive use of alcohol,

whether in the form of heavy drinking or binge drinking, can lead to serious health problems such as dementia, stroke, neuropathy, atrial fibrillation, liver disease, hypertension, anxiety, depression and an increased risk of certain types of cancer.

- ⇒ Alcohol can aggravate pain and sleep disorders, depression, and diabetes.
- ⇒ Alcohol also contributes to unemployment, family problems, violence and homicide.
- ⇒ Additionally, alcohol abuse drains the economy of almost a quarter of a trillion dollars per year in injuries, health costs, and lowered workplace productivity.

## GET HELP NOW

Alcoholism is a disease. While some individuals may recover without assistance, the majority require support and treatment to recover.

If you have a drinking problem, or know someone who does, please contact SAMHSA's National Helpline at 1-800-662-HELP (4357). They provide free and confidential treatment referral in English and Spanish 24-hours-a-day, 365-days-a-year. You can also visit their website at [www.samhsa.gov/find-help/national-helpline](https://www.samhsa.gov/find-help/national-helpline) for more information.

Parents, talk to your teens about the dangers of underage drinking. You can find valuable resources, including alcohol to body weight calculators at the National Institute of Alcohol Abuse and Alcoholism's (NIAAA) website at <https://www.collegedrinkingprevention.gov>.