

IN ONE INSTANT

# THE TRUTH ABOUT BLACKOUT WEDNESDAY

ONE OF THE WORST DAYS TO DRIVE

## WHY "BLACKOUT WEDNESDAY" IS SO DEADLY

**Thanksgiving** is the deadliest holiday for drunk driving - **MORE fatalities than Christmas**



### THE MATH THAT MATTERS

**55%**

Higher chance of drunk drivers this week

**800+**

Killed in Thanksgiving drunk driving crashes 2019-2023

**35%**

Of Thanksgiving fatalities involve alcohol

**52%**

Of those killed in nighttime car crashes on Thanksgiving were not buckled

**44%**

Of drunk drivers in fatal crashes were from 21 to 24 years old

### LIES YOU TELL YOURSELF

**"I'll figure out my ride"**

Know how you'll get home ahead of time. Choose a sober friend as your designated driver

**"Everyone's out driving, roads are busy"**

That's exactly the problem - 55% more drunk drivers than average

**"I Didn't Drink That Much"**

Even one drink impairs your judgment and reaction time

**"That driver looks drunk"**

If you see an impaired driver on the road, contact local law enforcement. You could help save a life.

## YOUR SURVIVAL PLAN



#### Plan Ahead:

- Leave earlier so you're not in a rush
- Check weather forecast
- Tell someone your route
- If you're hosting a party, offer non-alcoholic choices and make sure all guests leave with a sober driver

#### Avoid "Blackout Wednesday":

- Travel Tuesday or Thursday morning instead

#### During Your Drive:

- Watch for erratic driving patterns
- If you feel tired or ill, pull over in a safe location and rest or call for help.
- Make sure you wear your seat belt every trip, every time

#### If You've Been Drinking:

- Your parents want you alive - **Call Them**
- If you do drink, call a ride-hailing service, or a sober friend

**MAKE IT TO THANKSGIVING DINNER ALIVE.**

Your Family's Waiting For You At The Table, Not In The Emergency Room.

Need Help? (No Judgment) • Crisis Support: Text HOME to 741741 • Learn More: [inoneinstant.org](http://inoneinstant.org)  
#InOneInstant #StayAlive #DriveSober