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How has drunk driving affected car accident victims? What are some of the ways this could be prevented? What can you as an individual do to improve road safety?

Drunk driving, known as driving under the influence (DUI) is a serious and deadly crime. Every day, 29 people in the United States die in motor vehicle crashes that involve a drunk driver. Alcohol-related crashes cost more than \$44 billion annually. (CDC, 2019) Drunk driving can lead to loss of life and physical, psychological, or emotional damage to those who survive. The survivors also run the risk of developing Post-Traumatic Stress Disorder (PTSD), which is classified as a mental health problem.

After the accidents, survivors and their families go through emotional struggles for a long time. They suffer from emotions like anger or grief when they hear about accidents caused by a drunk driver. While grieving, some survivors also experience feelings of isolation, depression, difficulty sleeping, or poor appetite. Some even lose any concern about themselves, or motivation to do anything at all. (Northpoint Washington, 2018)

According to the Guide to Community Preventive Services and the National Highway Traffic Safety Administration, there are some ways to reduce or prevent drunk driving. The drunk driving laws make it illegal nationwide to drive with a BAC at or above 0.08 percent and sobriety checkpoints allow police to stop vehicles from checking if the driver is impaired. Ignition interlocks installed in cars measure alcohol on the driver's breath, and interlocks keep the car from starting if the driver has a BAC above a certain level, usually 0.02 percent. Multi-component interventions are also effective because they combine many programs or policies to prevent drunk driving.

Mass media campaigns spread messages about the physical dangers and legal consequences of drunk driving while administrative license revocation or suspension laws allow police to take away the license of a drunk driver for a minimum of 90 days. Alcohol screening and brief interventions are used to identify people at risk for alcohol problems and get them treatment as needed. School-based instructional programs teach teenagers to avoid riding with drunk drivers. (CDC, 2016)

To improve road safety, every driver must reduce speed, follow the rules on the road, stay focused, avoid using phones for texting or social media, wear a seatbelt, use child safety seats, wear a helmet, and raise awareness in the community about the dangers of the road accidents. When all drivers follow these ways, roads will become a much safer ground. In conclusion, drunk driving accidents have caused several deaths and many ecological, physical, emotional, and psychological damages in society. Therefore, it is everyone's responsibility to improve road safety by making people aware of its dangers and its impact on people's lives.

References

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