

## What does being Mixed mean?

Mixing is when you take more than one substance at a time - This can dramatically increase the risk of impairment.

## What is a substance?

A substance can be any type of medicinal product, or illegal drug, or alcohol.

## What is impairment?

Impairment is when your body or emotions have been affected (usually temporarily) in a way that can make it unsafe for you to drive.

## What do I need to know?

Use the 'Know-Check-Drive?' approach when thinking about your driving: Read on for more information on how to keep yourself, and those around you, safe.



## More information/support

### Healthline

Talk to a Nurse (24 hours):  
0800 611 116

### Alcohol and drug helpline

Talk to a Counsellor (24 hours):  
0800 787 797

### Drug foundation

[www.drugfoundation.org.nz/info/being-safer](http://www.drugfoundation.org.nz/info/being-safer)

### Mixed campaign information

[nzta.govt.nz/mixed-driving-campaign](http://nzta.govt.nz/mixed-driving-campaign)

[www.instagram.com/mixeddriving](http://www.instagram.com/mixeddriving)

### Waka Kotahi NZ Transport Agency

To download or order free copies of this leaflet: [nzta.govt.nz/mixed-driving-brochure](http://nzta.govt.nz/mixed-driving-brochure)

Or you can call: 0800 822 422

Or email: [info@nzta.govt.nz](mailto:info@nzta.govt.nz)

# Mixed?



Mixed driving  
**What you need to know**

Find out more at:  
**[nzta.govt.nz/mixed-driving](http://nzta.govt.nz/mixed-driving)**

Know



## Mixing alcohol with illegal drugs and medication can increase your chances of a fatal crash by 23x.

Always tell whoever is giving you medications what medications you are already taking so that they can correctly assess the chances of you becoming impaired.

Also tell whoever is giving you medications if you drink alcohol or take illegal drugs, so that they can correctly assess the chances of you becoming impaired.

Health care professionals (nurses, doctors, pharmacists) will usually tell you if they think you are likely to be unsafe to drive.

It is a good idea to get into the habit of asking health care professionals if they think you are at risk of impairment.

Check



## Check yourself for impairment symptoms:

- Feeling drowsy/sleepy
- Blurred vision
- Headache
- Feeling weak
- Slowed reactions
- Dizziness
- Nausea, feeling sick
- Unable to focus or pay attention
- Being easily confused
- Having trouble speaking
- Feeling wired/overconfident

Talk and listen to people around you if you are unsure about impairment.

If someone thinks you are unsafe to drive because of impairment symptoms, you are unsafe to drive.

If you think you have symptoms of impairment you are unsafe to drive.

Drive



## If you are impaired, don't start driving, and consider alternative ways of getting to your destination.

If you are already driving and you notice signs of impairment, stop driving and call for assistance from friends/whānau.

Seek advice from a health care professional, and if the impairment is severe call 111.

**It is illegal to drive when impaired, whatever the cause of the impairment might be (ie symptoms, illness, injury).**

Avoiding driving when impaired keeps you, and those around you safe.

