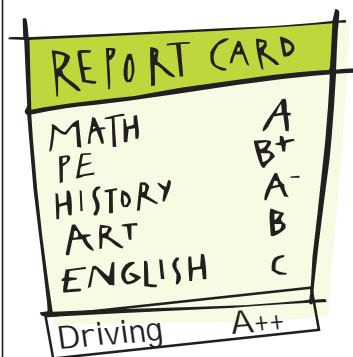


A Su Salud

To your health

Becoming a Road Scholar



As autumn moves towards winter, the days are getting shorter, the temperatures are getting colder and the rain will soon be pouring from the heavens. This time of year can pose particular risks on the roads. Here is some timely advice, courtesy of the California Highway Patrol's website (www.chp.ca.gov):

How to Drive Safely:

In Rain

- Drive with the headlights on.
- Stay alert for vehicles hydroplaning.
- Apply brakes more slowly; they may pull.
- Leave extra distance between your car and the next motorist.

In Fog (smoke and dust, too)

- Drive with lights on low beam. (*It is illegal to drive with parking lights on.*)
- Watch for CHP pace vehicles to guide you through the fog.
- Avoid crossing traffic lanes.
- Don't stop on highways except in emergencies.
- Move away from stalled or disabled vehicles.
- Consider postponing trip until fog (or smoke) clears.

In Bad Weather (in general)

- Slow down.
- Allow extra time.
- Leave extra distance between you and the car ahead.
- Gently apply brakes to avoid skids.
- Open the window a crack if you're stalled in traffic to avoid carbon monoxide poisoning.

Bad Weather Checklist

- ✓ Tires with plenty of tread
- ✓ Windshield wipers in good condition
- ✓ Washer full of fluid
- ✓ Gas tank full
- ✓ Defroster working

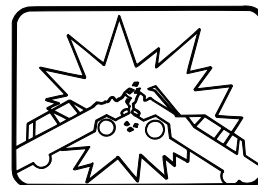


- ✓ Muffler and exhaust in good condition
- ✓ Antifreeze in radiator
- ✓ Carry in your car:
 - Tire chains and tighteners
 - Flashlight and batteries
 - Flares
 - Small shovel
 - Windshield scraper
 - Warm, waterproof clothing
 - Blankets, snacks, and drinking water
- ✓ If you are planning a road trip, call ahead to learn the road conditions at 1-800-427-7623

Emergencies on the Road

If you use your cell phone to call 911 to report an emergency, here are a few things you should know:

- Know your location. All cellular 911 calls are routed to CHP Communications Centers. Unlike landline 911, the dispatcher cannot identify the cellular phone number or the location of the cellular phone. If you don't know your location, an emergency response team will most likely be delayed.
- Be prepared to tell the dispatcher **who** is involved, **what** happened, **where** the incident occurred, and **when** the incident occurred.
- Know your cell number in the event you are disconnected or if the dispatcher needs to call to get additional information about the incident.
- Call 911 for the following emergencies:
 - A life-threatening medical emergency
 - A crime in progress
 - A reckless or suspected intoxicated driver
 - A serious traffic accident or incident that is blocking traffic lanes
 - Any type of fire (vehicle, structure, wildfire)
 - A traffic hazard, disabled vehicle or debris blocking the road
- **DO NOT** call 911 to get:
 - General information
 - Weather report
 - Road conditions
 - Directions
 - Phone numbers
 - Theater/movie times



Drinking and Driving: 'Tis the Season



While we're on the topic of road safety, let's not forget one of the biggies: driving under the influence. Granted, some of us don't need much of a reason to party, but the holiday season usually means more opportunities for parties that can lead to drinking and driving. Once again, we head to the CHP website for some helpful advice.

The ABC's of DUI's

A. Implied Consent Law- Anyone granted the driving privilege is presumed to have given consent to law enforcement to conduct chemical testing of the motorist's blood or breath.

B. 0.08% Law - Driving a vehicle under the influence of alcohol or drugs is in violation of the law, as is anyone driving with a blood alcohol reading of **0.08% or higher**.

C. Truckers' DUI Law - It is illegal for a driver to operate a commercial vehicle with a blood alcohol reading of **0.04% or higher**.

(Driver will be put out of service with a reading of 0.01% or higher.)

D. Underage DUI/Zero Tolerance Law - A driver under 21 years of age with a blood alcohol reading of **0.01% or higher** on a Preliminary Alcohol Screening (PAS) device may have his license revoked or suspended.

E. License Suspension or Revocation Law- A driver under 21 with a blood alcohol reading of 0.05% or higher is subject to arrest and license suspension or revocation.

DUI Stats and Facts

- **50% of Americans** will be involved in an alcohol-involved traffic collision in his or her lifetime.
- **Nearly 23,000 people are killed every year** in alcohol-related traffic collisions.
- **One American life is lost every 22 minutes** in an alcohol-related traffic collision.
- **If you are arrested for DUI**, and your blood alcohol level is .08 percent or higher, the arresting officer will take your driver's license away.
- A 30-day temporary license will be issued by the arresting officer, allowing time for administrative review and appeal before your license suspension.
- If you refuse to take a blood or breath test, your license will be suspended for one year.



- A **DUI conviction can cost you \$7,000 or more** in storage fees, jail costs, fines, penalties, DUI education, attorney's fees and vehicle insurance increases.
- On your **first conviction, you will serve 96 hours to six months in jail**. When released, you will serve three to five years' probation.

Not that anyone under 21 drinks, but...

- If you are caught with a fake identification card, the penalty is a minimum \$250 fine and/or 24-32 hours of community service, or a maximum \$1,000 fine and/or six months in the county jail, **plus** a one year suspension of your driver license. If you don't yet have a license, you'll have to wait an extra year to get one.
- If you are caught with possession of alcohol, the penalty is a \$250 fine and 24-32 hours of community service, **plus** a one year suspension of your driver license. If you don't yet have one, you'll have to wait an extra year to get one.
- If you attempt to purchase alcohol, the penalty is a maximum \$100 fine and/or 24-32 hours of community service, **plus** a one year suspension of your driver license. If you don't yet have a license, you'll have to wait an extra year to get one.
- If you purchase alcohol the fine is \$250 and/or 24-32 hours of community service, **plus** a one year suspension of your driver license. If you don't yet have a license, you'll have to wait an extra year to get one.



**If you're going to drink...
Designate a driver.
Call a cab.
Stay at your home or a hotel.
Call a friend or family member.**

De Anza College Health Services

is available to all registered De Anza students. Some of our services include:

Health education/TB skin tests/First Aid/Blood pressure checks/Condoms/lubricants/Over-the-counter medicine/
Pregnancy tests/Family planning

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