

DROWSY DRIVING PREVENTION

**TAKE A
BREAK**
Don't drive drowsy.

Campaign Social Media Posts

FLHSMV offers many resources, including social media graphics, on the Drowsy Driving campaign page at www.flhsmv.gov/drowsy. Remember to use #DontDriveDrowsyFL when posting!

- Drowsy driving can be just as dangerous as impaired driving. Fatigue slows down your thought process and reaction time, affects your judgment and vision, and impairs your senses and abilities. #DontDriveDrowsyFL
- If you have difficulty focusing, frequent blinking or heavy eyelids, it's time to pull over in a safe place to rest. Take a break. Don't drive drowsy. #DontDriveDrowsyFL
- If you're driving late at night, stay alert. Driving at times you would normally be asleep can be dangerous. If you feel tired, stop and take a break. Don't drive drowsy. #DontDriveDrowsyFL
- Check your medication labels - do not drive after taking medication that cause drowsiness. #NeverDriveImpaired #DontDriveDrowsyFL
- On a long trip, there's nothing better than to just pull over and stretch your legs. It's best to take a break every 200 miles or every two hours, and even switch drivers if you can. Use the buddy system to change drivers and grab some coffee! Take a break. Don't drive drowsy. #DontDriveDrowsyFL
- Commercial drivers - don't forget to log your hours of service and take your breaks! Drowsy driving can be deadly. #DontDriveDrowsyFL
- Up late? Drinking coffee and turning up the radio may increase alertness for a short period of time, but getting adequate rest is the only way to help prevent drowsy driving. Take a break. #DontDriveDrowsyFL
- Drowsy driving is dangerous. Commercial Vehicle Enforcement troopers are enforcing hours-of-service regulations to keep everyone safe on the roads. It is for your safety and all those around you to get adequate rest before you drive. Take a break. Don't drive drowsy. #DontDriveDrowsyFL
- As a commercial motor vehicle driver, you know you have restrictions on how long you can drive. Follow all hours-of-service regulations and listen to your body. When you are tired, take a break. Don't drive drowsy. #DontDriveDrowsyFL
- The Florida Department of Transportation maintains multiple rest areas, service plazas, truck comfort stations and welcome centers throughout Florida. These are great places to stop and take a break. For more information, visit fdot.gov/maintenance/restareas.shtm #DontDriveDrowsyFL

FLHSMV.GOV/DROWSY

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FLORIDA HIGHWAY SAFETY AND MOTOR VEHICLES

