

Medicines and foods with alcohol

Some medicines and mouthwashes may contain alcohol (ethanol).

Some foodstuffs such as fruitcake and trifle may also contain alcohol.

If you are going to drive, avoid these things otherwise you may not be able to convince a court that you didn't consume an alcoholic beverage.

Here's what you risk if you drink any alcohol and drive

- Kill or injure yourself or someone else.
- Lose your licence.
- Be fined up to \$1,100 for a first offence.
- Have a criminal record.

Transport for NSW

For further enquiries
13 22 13

The information in this brochure is intended as a guide only and is subject to change at any time without notice. It does not replace the relevant legislation.

Transport for NSW

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Transport
for NSW

Zero Blood Alcohol
limit for novice drivers



If you're on your



licence the legal blood alcohol limit for your licence is ZERO.

On the night ... think about how you are going to travel

- Leave the car or motorcycle at home.
- Share a taxi with friends to cut costs.
- Stay the night at a friend's place.
- Use a train or bus - call 131 500 or visit www.131500.com.au to check timetables and avoid waiting at the train station or bus stop.
- Organise to be picked up by someone who is not drinking.

The day after ... getting back to zero

If you go out drinking and have a big night you may still be over the zero limit the next day. So you must not drive until all the alcohol has been eliminated from your body. Sobering up takes a long time and no amount of coffee, food, physical activity or sleep will speed up the process. Consider the cases of David and Sarah.

Getting back to zero takes time

David

David is 19 and holds a P2 licence. He started drinking at 6pm and had 10 schooners of full strength beer over six hours. At midnight his blood alcohol concentration (BAC) was 0.17. He got a cab home.

It took over 11 hours before David's BAC was back to zero. So the day after David was not able to drive his friends to the beach for an early morning surf. He had to wait until almost midday before he could legally drive.



Sarah

Sarah is 18 and holds a P1 licence. She started drinking at 10pm and had six mixer drinks over four hours. At 2am her blood alcohol concentration (BAC) was 0.24. She stayed the night at a friend's house.

It took over 16 hours before Sarah's BAC was back to zero. Sarah had to get her mum to drive her to work the next day because her BAC was still above zero in the late afternoon. She had to wait until 6pm that night before she could legally drive.

