



Before you drive, make sure you are comfortable with your physical, mental and emotional state, your vehicle and the conditions in which you will be driving. If you have doubts about any of them, don't drive.

Your ability to drive can change from one day to the next. Illness, fatigue, prescription and over-the-counter drugs, stress and your mental or emotional state can greatly diminish your ability to operate a motor vehicle. You should consider these factors before you begin driving, and you should not operate a motor vehicle when you are not fit to do so.

You must be in good physical and mental condition to drive. Don't drive when you are sick or injured or when you have been drinking alcohol or taking any drug or medication that may reduce your ability to drive.

Don't drive when you are tired. You might fall asleep at the wheel, risking the lives of others on the road. Even if you don't fall asleep, fatigue affects your driving ability. Your thinking slows down and you miss seeing things. In an emergency, you may make the wrong decision or you may not make the right decision fast enough.

Don't drive when you are upset or angry. Strong emotions can reduce your ability to think and react quickly.