



## DROWSY DRIVING

### GRAPHIC 1



### CAPTION

Up all night? Get enough sleep. It's hard but it can prevent a drowsy driving-related crash. [health.ny.gov/publications/6587/](https://health.ny.gov/publications/6587/)

### GRAPHIC 2



### CAPTION

Don't drive drowsy. Caffeine doesn't last. Takes 30 minutes to kick in; then wears off fast. Learn how to stay alert. [health.ny.gov/publications/6587/](https://health.ny.gov/publications/6587/)



## Public Health Toolkit

### Social Media



#### GRAPHIC 3



#### CAPTION

Sleepy behind the wheel? Caffeine won't help. Pull over in a safe place and take a 20-minute nap. [health.ny.gov/publications/6587/](https://health.ny.gov/publications/6587/)

#### GRAPHIC 4



#### CAPTION

Stay awake! Stay alive! Feeling sleepy? Don't drive drowsy. Pull over in a safe area and take a break as soon as possible. [health.ny.gov/publications/6587/](https://health.ny.gov/publications/6587/)



## Public Health Toolkit

### Social Media



#### GRAPHIC 5



#### CAPTION

Don't drive drowsy. Commercial drivers are at greater risk of driving drowsy. Know the signs.  
[health.ny.gov/publications/6587/](https://health.ny.gov/publications/6587/)

#### GRAPHIC 6



#### CAPTION

Long hours on the road require regular breaks. Yawning and forgot the last few miles? Take a break!  
[health.ny.gov/publications/6587/](https://health.ny.gov/publications/6587/)



# Public Health Toolkit

## Social Media



Department  
of Health