

# Stay Awake!

## Stay Alive!

### DO:

- Get a good night's sleep.
- Take a break from driving.
- Get a cup of coffee for a short fix.
- Take a short nap.
- Drive with a friend and take turns driving.

### DON'T:

- Drive if you're tired.
- Rely on a radio, an open window or air conditioning to stay awake.



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TAKE A BREAK



[www.health.ny.gov/DontDriveDrowsy](http://www.health.ny.gov/DontDriveDrowsy)