



## Department of Counselling Services

Cayman Islands Government

### DUI in the Cayman Islands: A Serious Risk

Driving under the influence in the Cayman Islands is not just illegal—it's dangerous, even below the legal limit. Impaired driving affects everyone on the road and carries serious legal, financial, and personal consequences. No excuse makes it worth the risk. Stay informed, take responsibility, and make safer choices behind the wheel.

Here's what you need to know about the real impact of impaired driving in the Cayman Islands.

#### 1. Even if you're under the limit... are you safe?

In the Cayman Islands, it is illegal to drive with a blood alcohol concentration (BAC) of 0.07% or higher. At this level, your judgment, coordination, and reaction time are significantly impaired. However, even if you are below the legal limit, you are not safe. Alcohol reduces your ability to track moving objects, weaken hand-eye coordination, and make it difficult to focus on multiple tasks at once, such as steering while watching the road. **Impaired driving is dangerous at any level of intoxication.**

#### 2. Think you're fine? Think again. Driving impaired starts before you feel drunk.

Even small amounts of alcohol interfere with your brain and body.

Your reaction time slows. Your vision blurs. Your coordination weakens. Your judgment is impaired. You may not notice it right away, but alcohol dulls your ability to detect danger and respond quickly. At higher levels of intoxication, these effects get worse:

- Slower reflexes make it harder to brake or swerve in time.
- Blurred or double vision makes it difficult to see clearly, especially at night.
- Poor muscle control affects steering, lane position, and the ability to stay alert.
- Weakened decision-making leads to risk-taking, speeding, or ignoring traffic signals.
- Overconfidence creates a false sense of control, making driving more dangerous than you realize.

By the time you feel the effects of alcohol, your driving is already seriously impaired, and your risk of causing a crash has greatly increased. **It is not about how you feel. One drink can change everything.**



**The Counselling  
Centre**

Cayman Islands Government

Adonis House, 75 Fort Street, George Town

PO Box 10142, Grand Cayman KY1-1002

Phone: 345-949-8789 Email: [counselling.services@gov.ky](mailto:counselling.services@gov.ky)



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### 3. Beer. Wine. Shots. It's all the same.

Don't be fooled. 1 beer = 1 glass of wine = 1 shot of liquor.

Each standard drink contains the same amount of alcohol: 0.6 ounces of alcohol. It is a dangerous myth that beer is "safer" than hard liquor. That belief leads many to drink more, thinking they are okay to drive. But just a few drinks, of any kind, can seriously impair your ability to drive and put lives at risk.

**Impairment starts with the first drink. The only truly safe BAC is zero.**

### 4. You can't rush sober. Only time does that.

Forget the myths. Coffee, cold showers, food, water, or sleep won't sober you up.

Only your liver can process alcohol, and it takes about one hour to break down a single standard drink.

But here's the catch:

Not everyone processes alcohol the same. If your liver is damaged, underdeveloped (like in teens), or not functioning at full capacity, it may take even longer.

And, are you sure you only had one standard drink?

Unless you saw it measured, that cocktail or pour might contain far more alcohol than you think.

Feeling more alert doesn't mean you're sober. Alert is not safe. Alert is not unimpaired.

**Don't rely on myths or tricks, to make you feel better about driving under the influence.**

**The only thing that sobers you up is time.**

### 5. Combining alcohol with drugs significantly increases impairment.

Mixing alcohol with drugs, such as marijuana or cocaine, significantly increases impairment and the risk of accidents. Both alcohol and drugs impair the brain and body's ability to function properly, affecting one's driving skills. When these substances are combined, their effects are amplified, making it even more dangerous to operate a vehicle. **Driving under the influence of any substance, whether it's alcohol or drugs, is extremely dangerous.**

### 6. Excuses like "I feel fine" or "it's not far" are dangerous justifications.

"I feel fine."

"It's just around the corner."

"Taxis cost too much."

"Everyone does it here."

These are dangerous justifications as minimizing the risk is part of the danger.

Impaired driving is never safe; not for a quick trip, not when you think you are "okay," and not because you have done it before. **It is time to stop normalizing excuses and start choosing responsibility.**



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### 7. Designated driver — more than a role, it's a responsibility.

Being a designated driver means total abstinence from alcohol and all other substances. Not even one drink is acceptable. It is important to establish this expectation in advance rather than assuming it. Have the conversation before the night begins. Safety starts with responsibility and clarity. **A designated driver is a role of accountability and trust.**

### 8. A DUI does not just cost you legally; it can cost you everything.

Driving under the influence can lead to serious legal, financial, health, and social consequences. Potential consequences include court appearances and criminal charges, heavy fines, and a year or more of a suspended license, job loss or professional setbacks, strained relationships and damaged trust, increased insurance premiums, and most importantly, the risk of serious injury or death. **A single choice behind the wheel can cause irreversible damage.**

### 9. Your Choices Matter: Protect Our Roads, Protect Lives

Driving under the influence is a growing danger, and it is time to recognize that drinking and driving is never acceptable, no matter how normalized it may seem. You have the power to make a difference. Be the change. Don't drink and drive. Hold your friends accountable. In 2023, the RCIPS reported 270 DUI arrests, and nearly 43% of those arrests involved drivers with a blood alcohol concentration more than double the legal limit. Every impaired driver puts lives at risk and contributes to the increasing number of road fatalities in the Cayman Islands. **It's time to make the responsible choice to reduce deaths and injuries on our roads. Don't drink and drive.**



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