

**Yu bin dring  
kava?**

**Stop mo tingting...**

**Sipos mi draev, bai mi putum  
laef blong ol pasenja blong  
mi mo ol narafala man long  
rot long denja?**

**Sipos yu kat tu  
tingting, yu no  
mas draev!**



Infomesen yu save kasem long buklet ia:

- mining blong kava long saed blong kastom
- fasin blong dring kava long wan wei we i sef
- dring kava mo draevem trak

[www.aporosa.net/kava-and-driving](http://www.aporosa.net/kava-and-driving)



*Infomesen long buklet ia hemi kamaot long wan stadi we Dr  
Apo Aporosa blong Te Huataki Waiora School of Health long  
University of Waikato i bin mekem. Health Research Council  
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THE UNIVERSITY OF  
**WAIKATO**  
*Te Whare Wānanga o Waikato*

Todd M. Henry, wan nambawan man blong karem foto, hemi bin karem ol foto blong buklet ia.  
Marie-Christine Wells i transletem infomesen ya.


**DRING  
KAVA MO  
DRAEVEM  
TRAK**

**YUMI STAP TOKBAUT  
RISPEK**



**TRG**  
Transport Research Group





***Yu save se taem yu dring kava, hemi save afektem wei we yu draev?***

Ol polis mo gavman oli wari from se kava i afektem wei we man mo woman i draev. Problem ia i mekem se Gavman blong New Zealand i sponsarem tri bigfala stadi long saed blong dring kava mo draev.

**Wanem ia kava?**

Long saed blong kastom, kava hemi wan impoten dring blong ol man mo woman Pasifik. Oli yusum kava long ol impoten seremoni, miting, mo tu blong kam wan ples blong storian. Plante man mo woman oli dring kava blong relax mo blong mekem ting ting i klia taem oli toktok, mekem se fulap man mo woman oli save stap storian kasem let taem long naet. Kava hemi no alkol, mo hemi no save afektem man semak long alkol. Kava hemi no save mekem man o woman i kam wan adikt, kava hemi sef mo hemi kat sam gudfala samting long saed blong helt. Samting ia i mekem se nao ia, plante narafala man mo woman raon long wol oli laikem kava.

**Wanem nao ol risal blong kava?**

Ol stadi oli soemaot se kava i save sloem daon tingting blong man mo woman. Slo tingting i afektem ol disisen blong man o woman we i stap draev.

Long ol kaontri olsem Tonga mo Samoa we kava mix blong olketa i no strong, problem blo slo tingting ia i no kam kwik taem. Olketa long Vanuatu mo ol narafala kaontri long west said blong Pasifik we kava blong olketa i mo strong, problem blo slo tingting i save kam kwik taem.

Be no mata se yu dring wik kava o strong kava, tutugeta i save afektem wei we yu draev.

**Hemi agensem lo blong dring tumas kava mo draev**

Yu brekem lo sipos you draev afta we yu dring tumas kava. Sipos polis i stopem yu, oli save arestem yu, putum yu long prisen o yu save lusum laesens blong yu.

Bigfala problem we i stap sipos yu dring kava mo draev, yu save kilim yu wan, ol pasenja blong yu mo narafala man long rot. Sipos yu dring kava mo yu mekem man i karekil, o kilim man i tet, bai yu ko long prisen.

**Yumi mas kat rispek**

Fasin blong rispek hemi wan bigfala samting blong ol man mo woman Pasifik.

Wei we yumi dring kava i mas soemaot fasin blong rispek.

Long Pasifik, rispek hemi stamba blong gudfala fasin mo tingting.

Taem yu bin dring kava, afta yu ko long trak blong yu blong draev, yu stop mo yu tingting: Mi stap rispektem ol pasenja blong mi mo ol narafala man long rot?

Bai mi putum laef blong olketa long denja sipos mi draev?

***Sipos yu kat tu tingting, yu stop; yu no draev!***