

Safe, Smart and Healthy – Keys to Success in Your New Home
Substance Use/Abuse - 1

ENGLISH

Mr. Ba and Mr. Adam sometimes enjoy getting together to have a beer after work. They have learned about the laws in America about alcohol. You must be 21 years of age or older to drink alcohol in America. Mr. Ba and Mr. Adam are both old enough to drink, but must have identification to prove their age.

It is very dangerous and *illegal* to drive a car if you have been drinking alcohol. For this reason, they make other transportation plans. If you are caught driving while under the influence of alcohol or other drugs, you jeopardize your immigration status and you can be deported.

Remember that some *medicines* can make you tired or sleepy, and make it unsafe for you to drive. This is especially true of some pain medications: these can be *especially* dangerous if you drink alcohol while taking the medicine.

Khat/Kat/Qat is also illegal in America. Using or selling this substance will also jeopardize your immigration status and get you deported.

Some *other* intoxicating substances used in the country where you lived before may also be illegal in America, including natural substances or plants. Be sure to check.

Tobacco and cigarettes are legal in America, but smoking is not permitted inside most buildings. Tobacco **smoke** is very unhealthy—not only for smokers, but also for their families and any *other* people who breathe smoke in the room because they are close to a person who smokes.

“Tobacco and cigarettes cause cancer. Tobacco is bad for the health of your family—including your children, if you smoke around them. Breathing the smoke from *your* cigarettes can cause them respiratory problems, asthma, and cancer.”