

BAC

Blood Alcohol Content



Blood Alcohol Content (BAC) = the in your bloodstream.

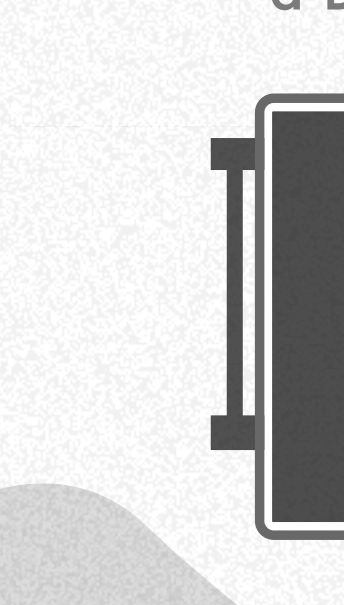


Contrary to popular belief, nothing can lower BAC EXCEPT TIME.

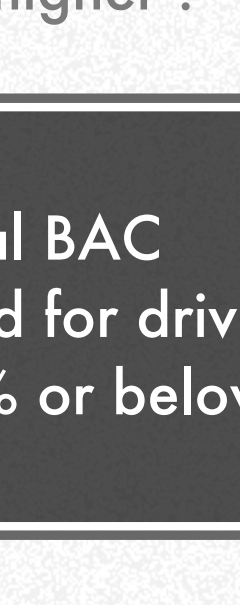


BAC can be measured within **30-70 minutes** of drinking¹.

A PERSON'S BAC CAN VARY¹



The more you drink, the higher your BAC will be.



The faster you drink, the higher your BAC will be.



Women tend to have more body fat, leading to a higher BAC.



Smaller people have less water in their body, leading to a higher BAC.

+ = **DELAY**

Eating before drinking helps to slow alcohol processing, leading to a delayed BAC peak.

THE LIMIT

Binge drinking means having a BAC of **0.08%** or higher².



WHAT IS A "STANDARD DRINK"?⁴



5%
12 oz. Beer



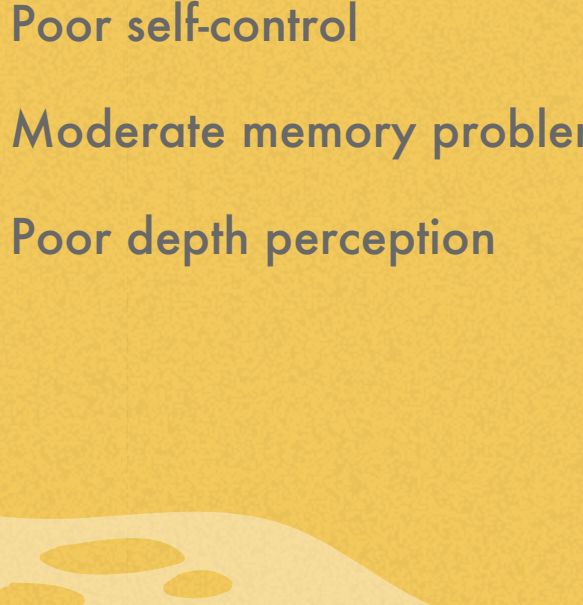
12%
5 oz. Wine



40%
1.5 oz. Liquor

Not All Drinks are Equal

One drink may have multiple standard drinks in it.



WHAT HAPPENS AS YOU INCREASE YOUR BAC?^{1, 5, 6.}

And How Many Drinks Is That Over the Course of an Evening?^{7, 8, 9**}

0.00%
(0 Drinks) Sober and in control

1-4 drinks
 1-3 drinks
0.01 - 0.02
Relaxed
Mood change

5-6 drinks
 3-4 drinks
0.03 - 0.05

- Minor reduction in muscle control and coordination
- Slight speech, memory, and attention impairment
- Exaggerated emotions and behaviors
- Light drowsiness

6-7 drinks
 4-5 drinks
0.06 - 0.08

- Speech, memory, attention, and coordination problems become more noticeable
- Sense of increased confidence
- Impaired vision and hearing
- Difficulty concentrating

8-9 drinks
 6-7 drinks
0.09 - 0.10

- Poor reaction time
- Poor self-control
- Moderate memory problems
- Poor depth perception

12-14 drinks
 8-10 drinks
0.16 - 0.20

- Reduced reflexes, staggering, and slurred speech
- Impaired sexual functioning
- Possible nausea or vomiting
- Reduced mental capacity



15-19 drinks
 10-13 drinks
0.21 - 0.30

- Very obvious intoxication
- Almost complete loss of motor control
- Vomiting or passing out
- Serious memory impairments
- Medical care recommended

20+ drinks
 14+ Drinks
0.31 and Over

- Unconscious
- Likely alcohol poisoning
- Major risk of death or overdose
- Needs immediate medical assistance

** Calculated based on the average weight for men (195.5 lbs) and women (166.2 lbs), 25 years old, consumed over the course of 4 hours without drinking water.

