



Know your **BAC** Blood Alcohol Content – the % of alcohol in your blood
 If you drink, use the chart on the back to determine your estimated BAC and find your personal **BLUE** zone.

1 DRINK = 12oz beer = 1 shot liquor = 5oz wine
one Long Island iced tea = 4-5 drinks

STAY IN THE BLUE

- .00-.03 BAC** Slight euphoria. Loss of shyness.
- .04-.06 BAC** Relaxed feeling, lower inhibition, minor impairment of reasoning & memory. Less cautious.

BEWARE OF THE MAIZE

- .07-.09 BAC** Impaired balance, speech, judgment, reasoning and reaction time. Illegal to drive @ .08.
- .10-.12 BAC** Significant impairment of coordination, judgment and reaction time. Slurred speech.
- .13-.15 BAC** Blurred vision, anxiety, severely impaired coordination & judgment. Could blackout or pee your pants.
- .16-.19 BAC** Nausea, higher anxiety, "sloppy" drunk, could pass out.

KEEP OUT OF THE RED

- .20-.24 BAC** Disorientation, need help to stand/walk. Vomiting & blackouts likely.
- .25-.29 BAC** Severe impairment of mental, physical, sensory functions; risk of serious injury. Likely to pass out.
- .30-.34 BAC** Stupor, little comprehension, hard to wake. Death possible.
- .35 + BAC** Coma &/or death likely.

Choose to be safe and legal.

UM Alcohol & Other Drug Prevention Program, UHS, Division of Student Affairs www.uhs.umich.edu/wellness
 Adapted from University of Virginia.

MEN after one hour of drinking

		body weight (lbs.)							
		120	140	160	180	200	220	240	260
total number of drinks	1	.02	.01	.01	.00	.00	.00	.00	.00
	2	.05	.04	.03	.03	.02	.02	.02	.01
	3	.08	.06	.05	.05	.04	.04	.03	.03
	4	.11	.09	.08	.07	.06	.05	.05	.04
	5	.14	.12	.10	.09	.08	.07	.06	.06
	6	.17	.14	.12	.11	.10	.09	.08	.07
	7	.20	.17	.15	.13	.12	.10	.09	.08
	8	.23	.20	.17	.15	.13	.12	.11	.10
	9	.27	.23	.19	.17	.15	.14	.12	.11
	10	.30	.25	.22	.19	.17	.15	.14	.13

MEN after three hours of drinking

		body weight (lbs.)							
		120	140	160	180	200	220	240	260
total number of drinks	1	.00	.00	.00	.00	.00	.00	.00	.00
	2	.01	.01	.00	.00	.00	.00	.00	.00
	3	.05	.03	.02	.01	.01	.00	.00	.00
	4	.08	.06	.05	.04	.03	.02	.01	.01
	5	.11	.09	.07	.06	.05	.04	.03	.02
	6	.14	.11	.09	.08	.06	.05	.05	.04
	7	.17	.14	.12	.10	.08	.07	.06	.05
	8	.20	.17	.14	.12	.10	.09	.08	.07
	9	.23	.19	.16	.14	.12	.11	.09	.08
	10	.26	.22	.19	.16	.14	.12	.11	.10

MEN after five hours of drinking

		body weight (lbs.)							
		120	140	160	180	200	220	240	260
total number of drinks	1	.00	.00	.00	.00	.00	.00	.00	.00
	2	.00	.00	.00	.00	.00	.00	.00	.00
	3	.01	.00	.00	.00	.00	.00	.00	.00
	4	.05	.03	.01	.00	.00	.00	.00	.00
	5	.08	.05	.04	.02	.01	.01	.00	.00
	6	.11	.08	.06	.04	.03	.02	.01	.01
	7	.14	.11	.08	.07	.05	.04	.03	.02
	8	.17	.13	.11	.09	.07	.06	.05	.04
	9	.20	.16	.13	.11	.09	.07	.06	.05
	10	.23	.19	.15	.13	.11	.09	.08	.06

NOTE: If your weight is not included on this card, go to: <http://www.uhs.umich.edu/wellness/aod/bac.html> for a personalized BAC chart.