



WOMEN

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.

WOMEN after one hour of drinking

total number of drinks	body weight (lbs.)							
	100	120	140	160	180	200	220	240
1	.03	.03	.02	.02	.01	.01	.01	.00
2	.08	.07	.06	.05	.04	.03	.03	.02
3	.13	.12	.10	.08	.07	.06	.05	.05
4	.18	.16	.13	.11	.10	.08	.07	.07
5	.23	.21	.17	.14	.12	.11	.10	.09
6	.28	.25	.21	.18	.15	.13	.12	.11
7	.33	.30	.25	.21	.18	.16	.14	.13
8	.38	.34	.28	.24	.21	.18	.16	.15
9	.43	.39	.32	.27	.24	.21	.19	.17
10	.48	.43	.36	.31	.27	.23	.21	.19

WOMEN after three hours of drinking

total number of drinks	body weight (lbs.)							
	100	120	140	160	180	200	220	240
1	.00	.00	.00	.00	.00	.00	.00	.00
2	.05	.04	.03	.02	.01	.00	.00	.00
3	.10	.09	.06	.05	.04	.03	.02	.01
4	.15	.13	.10	.08	.06	.05	.04	.03
5	.20	.18	.14	.11	.09	.08	.06	.05
6	.25	.22	.18	.14	.12	.10	.09	.07
7	.30	.27	.21	.18	.15	.13	.11	.10
8	.35	.31	.25	.21	.18	.15	.13	.12
9	.40	.36	.29	.24	.21	.18	.15	.14
10	.45	.40	.33	.27	.23	.20	.18	.16

WOMEN after five hours of drinking

total number of drinks	body weight (lbs.)							
	100	120	140	160	180	200	220	240
1	.00	.00	.00	.00	.00	.00	.00	.00
2	.02	.01	.00	.00	.00	.00	.00	.00
3	.07	.06	.03	.02	.00	.00	.00	.00
4	.12	.10	.07	.05	.03	.02	.01	.00
5	.17	.15	.11	.08	.06	.05	.03	.02
6	.22	.19	.15	.11	.09	.07	.06	.04
7	.27	.24	.18	.14	.12	.10	.08	.06
8	.32	.28	.22	.18	.15	.12	.10	.08
9	.37	.33	.26	.21	.17	.15	.12	.10
10	.42	.37	.30	.24	.20	.17	.15	.13

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.