

INCREASED IMPAIRMENT

- ◁ Perceived beneficial effects of alcohol such as relaxation, give way to increasing intoxication
- ◁ Increased risk of aggression in some people
- ◁ Speech, memory, attention, coordination, & balance further impaired
- ◁ Significant impairments in all driving skills
- ◁ Increased risk of injury to self and others
- ◁ Moderate memory impairments

LIFE THREATENING

- ◁ Loss of consciousness
- ◁ Danger of life-threatening alcohol poisoning
- ◁ Significant risk of death in most drinkers due to suppression of vital life functions

0.00-0.05%

0.06-0.15%

0.16-0.30%

0.31-0.45%

BLOOD ALCOHOL CONTENT (BAC)

MILD IMPAIRMENT

- ◁ Mild speech, memory, attention, coordination, & balance impairments
- ◁ Perceived beneficial effects, such as relaxation
- ◁ Sleepiness can begin

SEVERE IMPAIRMENT

- ◁ Speech, memory, coordination, attention, reaction time, & balance significantly impaired
- ◁ All driving-related skills dangerously impaired
- ◁ Judgment and decision-making dangerously impaired
- ◁ Blackouts (amnesia)
- ◁ Vomiting and other signs of alcohol poisoning common
- ◁ Loss of consciousness



OTHER BLOOD ALCOHOL CONTENT FACTS

The weight of a person greatly affects the distribution of alcohol throughout the body. The smaller the person, the less room for alcohol to distribute itself.

Generally, men can handle more alcohol than women. This is because women are usually smaller, have more body fat and have lower total body water content than men. Also, a woman's ability to metabolize alcohol can be affected by her menstrual cycle due to higher levels of estrogen. All of this contributes to higher concentrations of alcohol in a woman's system even if she is drinking the same amount as a man.

Alcohol is a depressant. Any illegal, prescription or over the counter drug is likely to react with alcohol and may increase intoxication or negative effects.

Diluting alcohol with water or juices reduces the volume of alcohol in your bloodstream. Drinking straight alcohol or alcohol mixed with carbonated beverages speeds up absorption.

If a person drinks faster than one drink per hour, the alcohol simply stays in the body, waiting its turn to be metabolized. The result is increasing levels of intoxication.

A person's BAC can continue to rise even while he or she is passed out. Even after a person stops drinking, alcohol in the stomach and intestine continues to enter the bloodstream and circulate throughout the body.

Rapid binge drinking is especially dangerous because the victim can ingest a fatal dose before becoming unconscious or exhibiting many of the other signs of alcohol poisoning.

Combining alcohol with energy drinks may give people the "sensation" of reduced alcohol effects but does not alter BAC (may not feel as drunk as you really are).

Only time can lower your BAC. Coffee, cold showers and runs around the block will just leave you alert, wet, and out of breath but still drunk.

Tolerance, a term meaning that after continued drinking, increasing amounts of alcohol are necessary to produce the same effect, does not have an effect on the actual BAC.