

# STAY IN THE GOLDEN ZONE

Blood Alcohol Concentration (BAC) is the percentage of alcohol in your blood.

The peak high or buzz a person feels from alcohol is reached at BACs **between .02 and .06** (the Golden Zone).

Reaching a BAC of .05 or higher is more likely to result in **adverse consequences** since this is the level where judgment and reaction skills are impaired.

**Safer drinking means keeping your BAC below .05**

# TIPS FOR A LOWER BAC

## PACE & SPACE

Sip your drink instead of chugging, alternate with water or soda and have no more than 1 drink/hour.

## EAT BEFORE AND WHILE DRINKING

Alcohol is absorbed into the bloodstream more slowly when there is food (especially protein) in your stomach.

## AVOID MIXING ALCOHOL WITH OTHER DRUGS

Some prescription, over-the-counter drugs (e.g. antihistamines, sedatives) and street drugs can increase alcohol's effects. Caffeine and other stimulants can trick you into feeling less impaired.

## USE CAUTION WHEN SICK OR TIRED

When you're sleep deprived or ill, alcohol enters the body more quickly.

## BE AWARE OF YOUR ENVIRONMENT

Alcohol can cause greater impairment when drinking different beverages or in new locations that are not typical for you.

# ADDITIONAL RESOURCES

Virtual Bar with BAC feedback  
[www.b4udrink.org](http://www.b4udrink.org)

Take a look at your drinking habits & how they may affect your health  
[www.rethinkingdrinking.niaaa.nih.gov](http://www.rethinkingdrinking.niaaa.nih.gov)

See answers to hundreds of alcohol & other drug questions. Ask your most awkward questions with complete privacy.  
[www.goaskalice.columbia.edu](http://www.goaskalice.columbia.edu)

Personalized Drinking Feedback  
[www.alcoholscreening.org](http://www.alcoholscreening.org)

# STAY CONNECTED

**WEB:** [www.GORDIE.org](http://www.GORDIE.org)

**MAIL:** PO Box 800139,  
Charlottesville, VA 22908-0139

**TELEPHONE:** 434-982-0703

**E-MAIL:** [GordieCenter@virginia.edu](mailto:GordieCenter@virginia.edu)

## SOCIAL MEDIA:

 [GordieFoundation](https://www.facebook.com/GordieFoundation)

 [@GordieCenter](https://twitter.com/GordieCenter)

 [Gordie Center for  
Substance Abuse Prevention](https://www.pinterest.com/GordieCenter/SubstanceAbusePrevention/)

 **GORDIE CENTER**

# SAFER DRINKING GUIDELINES

 **[gordie.org](http://gordie.org)**

# What is a “standard drink” of alcohol?

**1 Standard Drink = 0.6 fluid oz. of 100% alcohol\***

\*Source: National Institute on Alcohol Abuse and Alcoholism



Alcohol percentage and container volume will determine number of standard drinks.

## SAFER DRINKING GUIDELINES

**0 DRINKS** is the only safe choice for people in certain higher-risk situations—for example when driving, pregnant, taking certain prescription or over-the-counter medications or with health conditions such as alcoholism.<sup>1</sup> Consuming alcohol under the age of 21 can lead to legal consequences.

No more than **1 DRINK** per hour. On average, it takes nearly 3 hours for most people to eliminate the alcohol in 2 standard drinks.<sup>2</sup>

**If you decide to drink, consider these lower-risk recommendations based on birth sex.<sup>3</sup>**

### WOMEN'S GUIDELINES

**No more than 2 drinks on any one day  
No more than 7 drinks per week**

### MEN'S GUIDELINES

**No more than 3 drinks in any 1 day  
No more than 14 drinks per week**

## MOST STUDENTS MAKE HEALTHY CHOICES<sup>4</sup>

- \* 71% of college students had 0-4 drinks the last time they partied.
- \* 91% of college students use a designated driver when drinking.
- \* 91% of college students stay with the same group of friends while drinking (buddy system).
- \* 87% of college students ate food before/while drinking.