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

Take a look at your drinking habits & how they may affect your health
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

Personalized Drinking Feedback
www.alcoholscreening.org

STAY CONNECTED

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P: Gordie Center for Substance Abuse Prevention

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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

<table>
<thead>
<tr>
<th>Drink</th>
<th>Equivalency</th>
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<tbody>
<tr>
<td>Beer</td>
<td>12 oz.</td>
</tr>
<tr>
<td>Wine</td>
<td>5 oz.</td>
</tr>
<tr>
<td>Liquor</td>
<td>1.5 oz.</td>
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</tbody>
</table>

Equivalency:
- 12 oz. Beer
- 5 oz. Wine
- 1 oz. Liquor

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.1 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.2

If you decide to drink, consider these lower-risk recommendations based on birth sex.3

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 CHOICES4

* 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.

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