Stall Seat Journal

BAC to Basics

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3 out of 4 UVA students who drink cut themselves off before they have too

Blood Alcohol Concentration (BAC) is the percentage of alcohol in the blood. Factors like sleep, illness, and other drugs can affect BAC. Knowing how to manage BAC helps Hoos stay safe and in control while drinking. Everyone absorbs alcohol differently, but you can use the following charts and tips to help estimate and manage BAC.



Maximum benefits and less risk of negative outcomes.

In the golden zone, you may experience effects like increased relaxation and sociability with limited risk of negative outcomes.

GOLDEN ZONE

BELOW .05 BAC

LEGAL INTOXICATION .08 BAC

SPACE & PACE

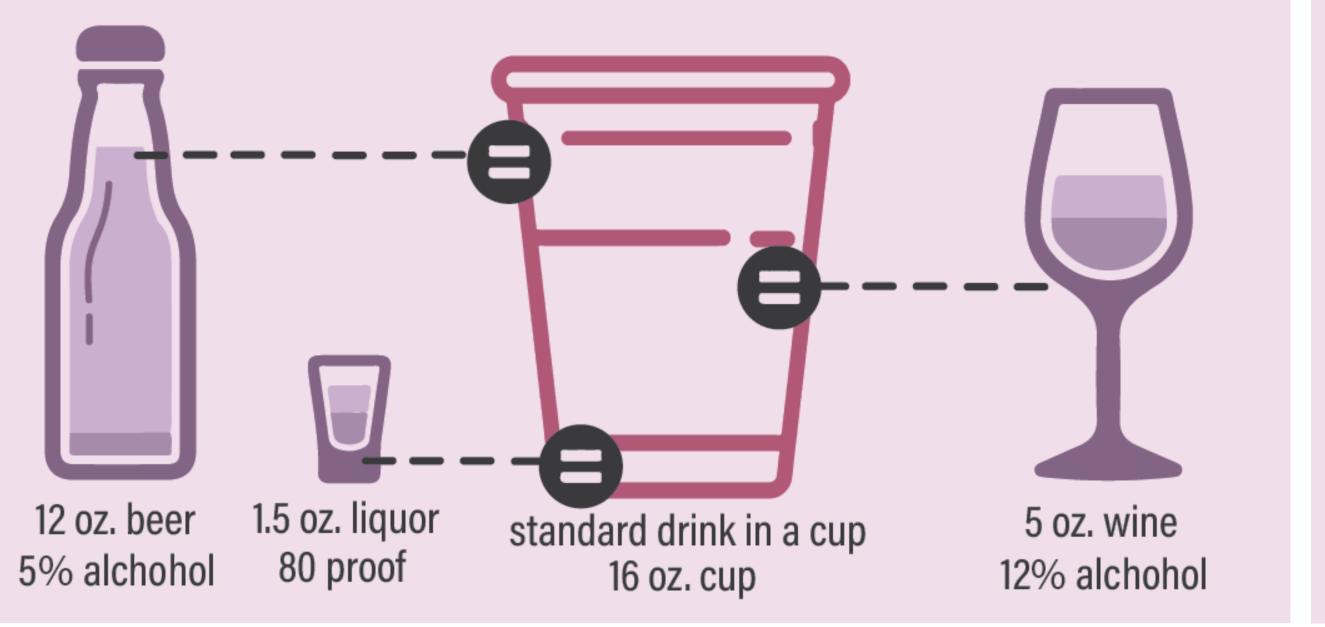
Sip a drink, alternate with water or other caffeine-free drinks, and have no more than one alcoholic drink per hour.

EAT BEFORE AND WHILE DRINKING

Alcohol is absorbed into the bloodstream more slowly when there is food (especially protein, like meat or cheese) in the stomach.

What's in a standard drink?

On average, it takes nearly three hours for the alcohol in two standard drinks to leave the body.



Tips for Managing BAC

USE CAUTION WHEN SICK OR TIRED

Alcohol enters the body more quickly when a person is sleep deprived or ill. This means people may feel effects more than they normally would. Pay attention to how you're feeling both physically and emotionally.

BE MINDFUL OF NEW ENVIRONMENTS





Drinking different beverages or with people or at locations not typical for you can cause greater impairment.

AVOID MIXING ALCOHOL WITH OTHER DRUGS



BAC calculations based on

Mathews & Miller (1979) using normative data

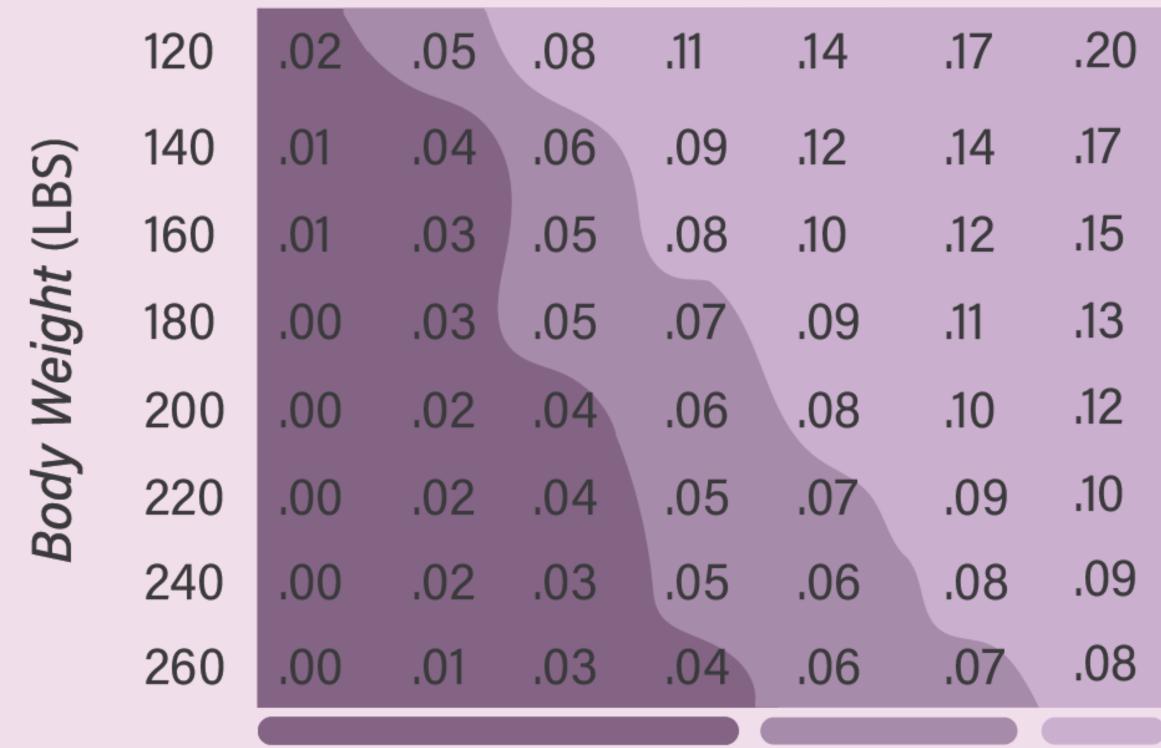
Some over-the-counter and prescription drugs (e.g. allergy antihistamines, antibiotics, and narcotics), as well as caffeine and other stimulants can mask alcohol's effects or make people feel less impaired than they really are. Not sure about a drug? Ask your doctor or pharmacist.

BAC FOR MALES AFTER ONE HOUR



JUDGEMENT & INTOXICATED

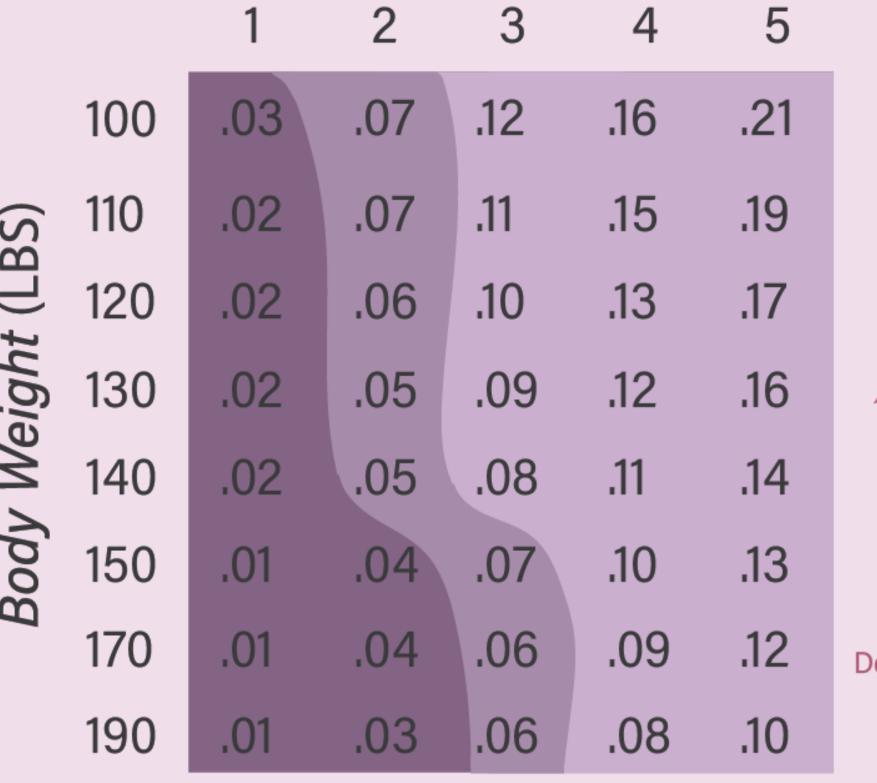
REACTIONS



GOLDEN ZONE

BAC FOR FEMALES AFTER ONE HOUR

Number of Standard Drinks



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at different rates,

even if they are th

IMPAIRED LEGALLY

INTOXICATED

Mathews & Miller (1979) using normative data