

If you drink, use this card to determine your estimated BAC and **GO BLUE!**



## STAY IN THE BLUE!

- .02-.03 BAC Slight euphoria, more talkative
- .04-.06 BAC Relaxed feeling, lower inhibition, minor impairment of reasoning and memory, less cautious

## BEWARE OF THE YELLOW!

- .07-.09 BAC Impaired balance, speech, judgment, reasoning and reaction time; illegal to drive at .08
- .10-.12 BAC Significant impairment of coordination, judgment and reaction time; slurred speech

## KEEP OUT OF THE RED!

- .13-.15 BAC Blurred vision, anxiety, severely impaired coordination and judgment; increased risk of injury to self or others
- .16-.19 BAC Nausea, higher anxiety, "sloppy" drunk, increased memory loss, could pass out
- .20-.24 BAC Disorientation, need help to stand/walk, vomiting and memory loss likely
- .25-.29 BAC Severe impairment of mental, physical, sensory functions; risk of serious injury; passing out likely
- .30-.34 BAC Little comprehension, hard to wake, death possible
- .35+ BAC Coma and/or death likely

**BAC** Blood Alcohol Content (BAC) is the percent of alcohol in your blood

**.08 BAC OR HIGHER = ILLEGAL TO DRIVE 21 & OVER**  
**.02 BAC OR HIGHER = ILLEGAL TO DRIVE UNDER 21**

**IF YOU ARE UNDER 21,  
 DRINKING ALCOHOL IS AGAINST THE LAW.**

# MEN

## YOUR BAC AFTER ONE HOUR OF DRINKING

| TOTAL NUMBER OF DRINKS | BODY WEIGHT (LBS) |     |     |     |     |     |     |     |     |
|------------------------|-------------------|-----|-----|-----|-----|-----|-----|-----|-----|
|                        | 120               | 140 | 160 | 180 | 200 | 220 | 240 | 260 | 280 |
| 1                      | .02               | .01 | .01 | .01 | .00 | .00 | .00 | .00 | .00 |
| 2                      | .05               | .04 | .03 | .03 | .02 | .02 | .02 | .01 | .01 |
| 3                      | .08               | .06 | .05 | .05 | .04 | .04 | .03 | .03 | .02 |
| 4                      | .11               | .09 | .08 | .07 | .06 | .05 | .05 | .04 | .04 |
| 5                      | .14               | .12 | .10 | .09 | .08 | .07 | .06 | .06 | .05 |
| 6                      | .17               | .14 | .12 | .11 | .10 | .09 | .08 | .07 | .06 |
| 7                      | .20               | .17 | .15 | .13 | .12 | .10 | .09 | .08 | .08 |
| 8                      | .23               | .20 | .17 | .15 | .13 | .12 | .11 | .10 | .09 |
| 9                      | .27               | .23 | .19 | .17 | .15 | .14 | .12 | .11 | .10 |
| 10                     | .30               | .25 | .22 | .19 | .17 | .15 | .14 | .13 | .12 |

## YOUR BAC AFTER TWO HOURS OF DRINKING

| TOTAL NUMBER OF DRINKS | BODY WEIGHT (LBS) |     |     |     |     |     |     |     |     |
|------------------------|-------------------|-----|-----|-----|-----|-----|-----|-----|-----|
|                        | 120               | 140 | 160 | 180 | 200 | 220 | 240 | 260 | 280 |
| 1                      | .00               | .00 | .00 | .00 | .00 | .00 | .00 | .00 | .00 |
| 2                      | .03               | .02 | .01 | .01 | .01 | .00 | .00 | .00 | .00 |
| 3                      | .06               | .05 | .04 | .03 | .02 | .02 | .01 | .01 | .01 |
| 4                      | .09               | .08 | .06 | .05 | .04 | .04 | .03 | .03 | .02 |
| 5                      | .12               | .10 | .09 | .07 | .06 | .05 | .05 | .04 | .03 |
| 6                      | .16               | .13 | .11 | .09 | .08 | .07 | .06 | .05 | .05 |
| 7                      | .19               | .16 | .13 | .11 | .10 | .09 | .08 | .07 | .06 |
| 8                      | .22               | .18 | .16 | .13 | .12 | .10 | .09 | .08 | .08 |
| 9                      | .25               | .21 | .18 | .16 | .14 | .12 | .11 | .10 | .09 |
| 10                     | .28               | .24 | .20 | .18 | .16 | .14 | .12 | .11 | .10 |

## YOUR BAC AFTER THREE HOURS OF DRINKING

| TOTAL NUMBER OF DRINKS | BODY WEIGHT (LBS) |     |     |     |     |     |     |     |     |
|------------------------|-------------------|-----|-----|-----|-----|-----|-----|-----|-----|
|                        | 120               | 140 | 160 | 180 | 200 | 220 | 240 | 260 | 280 |
| 1                      | .00               | .00 | .00 | .00 | .00 | .00 | .00 | .00 | .00 |
| 2                      | .01               | .01 | .00 | .00 | .00 | .00 | .00 | .00 | .00 |
| 3                      | .05               | .03 | .02 | .01 | .01 | .00 | .00 | .00 | .00 |
| 4                      | .08               | .06 | .05 | .04 | .03 | .02 | .01 | .01 | .01 |
| 5                      | .11               | .09 | .07 | .06 | .05 | .04 | .03 | .02 | .02 |
| 6                      | .14               | .11 | .09 | .08 | .06 | .05 | .05 | .04 | .03 |
| 7                      | .17               | .14 | .12 | .10 | .08 | .07 | .06 | .05 | .05 |
| 8                      | .20               | .17 | .14 | .12 | .10 | .09 | .08 | .07 | .06 |
| 9                      | .23               | .19 | .16 | .14 | .12 | .11 | .09 | .08 | .07 |
| 10                     | .26               | .22 | .19 | .16 | .14 | .12 | .11 | .10 | .09 |

# WOMEN

## YOUR BAC AFTER ONE HOUR OF DRINKING

| TOTAL NUMBER OF DRINKS | BODY WEIGHT (LBS) |     |     |     |     |     |     |     |     |
|------------------------|-------------------|-----|-----|-----|-----|-----|-----|-----|-----|
|                        | 100               | 120 | 140 | 160 | 180 | 200 | 220 | 240 | 260 |
| 1                      | .03               | .02 | .02 | .01 | .01 | .01 | .00 | .00 | .00 |
| 2                      | .07               | .06 | .05 | .04 | .03 | .03 | .02 | .02 | .02 |
| 3                      | .12               | .10 | .08 | .07 | .06 | .05 | .05 | .04 | .04 |
| 4                      | .16               | .13 | .11 | .10 | .08 | .07 | .07 | .06 | .05 |
| 5                      | .21               | .17 | .14 | .12 | .11 | .10 | .09 | .08 | .07 |
| 6                      | .25               | .21 | .18 | .15 | .13 | .12 | .11 | .10 | .09 |
| 7                      | .30               | .25 | .21 | .18 | .16 | .14 | .13 | .12 | .11 |
| 8                      | .34               | .28 | .24 | .21 | .18 | .16 | .15 | .13 | .12 |
| 9                      | .39               | .32 | .27 | .24 | .21 | .19 | .17 | .15 | .14 |
| 10                     | .43               | .36 | .31 | .27 | .23 | .21 | .19 | .17 | .16 |

## YOUR BAC AFTER TWO HOURS OF DRINKING

| TOTAL NUMBER OF DRINKS | BODY WEIGHT (LBS) |     |     |     |     |     |     |     |     |
|------------------------|-------------------|-----|-----|-----|-----|-----|-----|-----|-----|
|                        | 100               | 120 | 140 | 160 | 180 | 200 | 220 | 240 | 260 |
| 1                      | .01               | .01 | .00 | .00 | .00 | .00 | .00 | .00 | .00 |
| 2                      | .06               | .04 | .03 | .02 | .02 | .01 | .01 | .01 | .00 |
| 3                      | .10               | .08 | .06 | .05 | .04 | .04 | .03 | .02 | .02 |
| 4                      | .15               | .12 | .10 | .08 | .07 | .06 | .05 | .04 | .04 |
| 5                      | .19               | .16 | .13 | .11 | .09 | .08 | .07 | .06 | .05 |
| 6                      | .24               | .19 | .16 | .14 | .12 | .10 | .09 | .08 | .07 |
| 7                      | .28               | .23 | .19 | .16 | .14 | .13 | .11 | .10 | .09 |
| 8                      | .33               | .27 | .23 | .19 | .17 | .15 | .13 | .12 | .11 |
| 9                      | .37               | .31 | .26 | .22 | .19 | .17 | .15 | .14 | .12 |
| 10                     | .42               | .34 | .29 | .25 | .22 | .19 | .17 | .16 | .14 |

## YOUR BAC AFTER THREE HOURS OF DRINKING

| TOTAL NUMBER OF DRINKS | BODY WEIGHT (LBS) |     |     |     |     |     |     |     |     |
|------------------------|-------------------|-----|-----|-----|-----|-----|-----|-----|-----|
|                        | 100               | 120 | 140 | 160 | 180 | 200 | 220 | 240 | 260 |
| 1                      | .00               | .00 | .00 | .00 | .00 | .00 | .00 | .00 | .00 |
| 2                      | .04               | .03 | .02 | .01 | .00 | .00 | .00 | .00 | .00 |
| 3                      | .09               | .06 | .05 | .04 | .03 | .02 | .01 | .01 | .00 |
| 4                      | .13               | .10 | .08 | .06 | .05 | .04 | .03 | .03 | .02 |
| 5                      | .18               | .14 | .11 | .09 | .08 | .06 | .05 | .05 | .04 |
| 6                      | .22               | .18 | .14 | .12 | .10 | .09 | .07 | .06 | .06 |
| 7                      | .27               | .21 | .18 | .15 | .13 | .11 | .10 | .08 | .07 |
| 8                      | .31               | .25 | .21 | .18 | .15 | .13 | .12 | .10 | .09 |
| 9                      | .36               | .29 | .24 | .21 | .18 | .15 | .14 | .12 | .11 |
| 10                     | .40               | .33 | .27 | .23 | .20 | .18 | .16 | .14 | .13 |