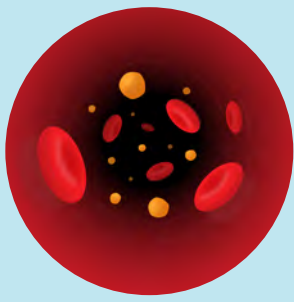


BLOOD ALCOHOL CONCENTRATION (BAC) What is it?

The percentage of alcohol in the bloodstream and used to measure intoxication



Having a BAC of 0.08% or higher will get you in trouble for impaired driving

Effects vary by



Gender



Body mass



Medications



Time between drinks



Amount of food you've eaten



Number of drinks

That's between 2-4 standard drinks*



12 oz beer (can of 4-6% beer)



5 oz glass of wine (1/5 of a regular 750 ml wine bottle)



1.5 oz shot of liquor (single shot)

*This is an average defined by NIAAA but can also vary widely.

BAC Spectrum

.01 - .03

Slight mood elevation. Decline in ability to multitask or track with a moving object.

.04 - .06

Reduced coordination and ability to respond to emergency driving situations.

.07 - .09

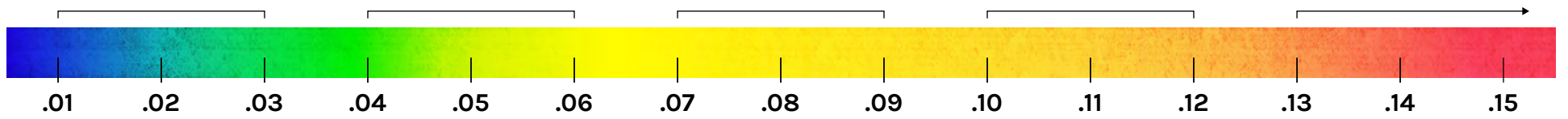
Obvious impairment of concentration, vision, and control. Reduced ability to process information like traffic signals or other vehicles.

.10 - .12

Serious impairment of coordination, reaction time, and control. Reduced ability to stay in a lane or brake appropriately.

.13+

Severe intoxication and impairment of vehicle control, attention to driving, and processing information on the road.



BAC What to do?

No more than 1 standard drink per hour, with food, water, and non-alcoholic choices in between.

Designate the sober driver before heading out. Take turns different weeks.

Ask a server or manager about leaving your car where it is.

Hand your keys over to someone sober.



HAVE A PLAN

Download the Have a Plan app for tools and information about getting a safe ride home

Funded by the National Highway Traffic Safety Administration with a grant from the New York State Governor's Traffic Safety Committee

