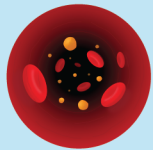


BLOOD ALCOHOL CONCENTRATION (BAC) What is it?

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



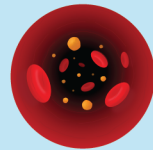
That's between 2-4 standard drinks*



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

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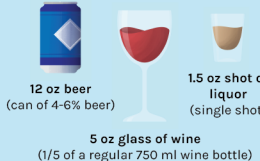


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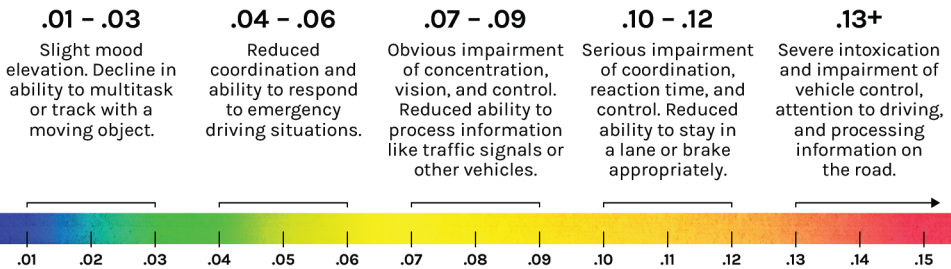


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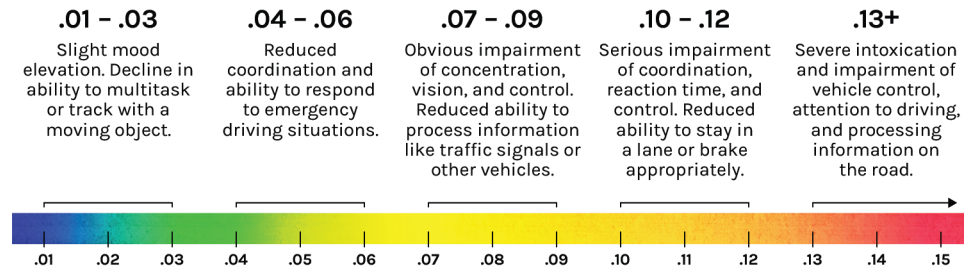


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BAC Spectrum

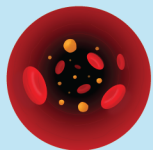


BAC Spectrum



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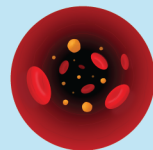
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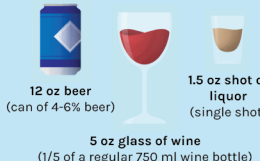


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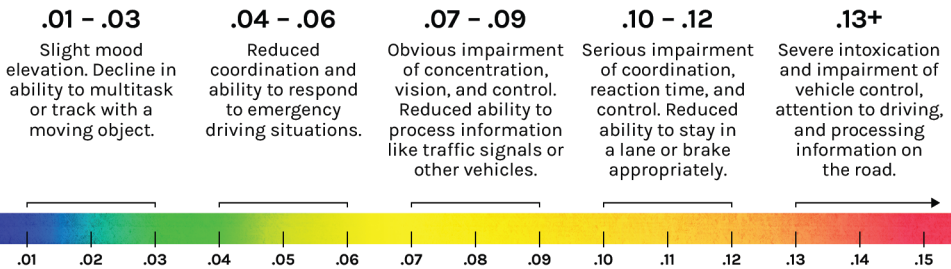


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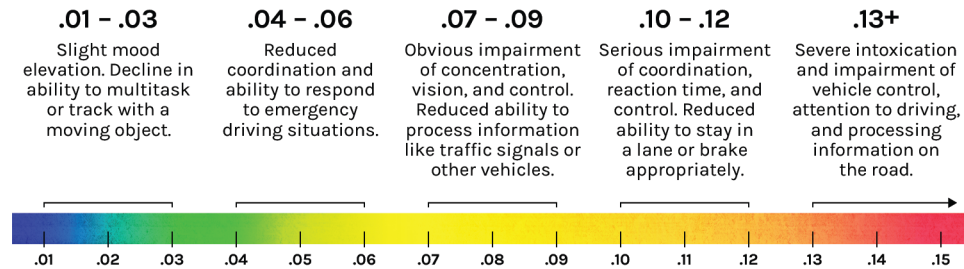


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BAC Spectrum



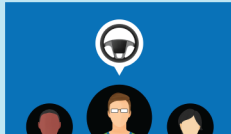
BAC Spectrum




BAC What to do?



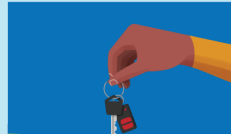
No more than 1 standard drink per hour, with food, water, and non-alcoholic choices in between.



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



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

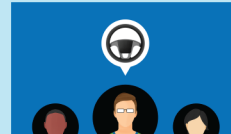


Hand your keys over to someone sober.


BAC What to do?




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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



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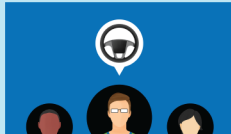
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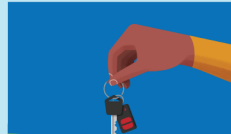
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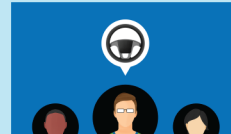


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