

STAY IN THE GOLDEN ZONE

The peak high or buzz a person feels from alcohol is reached at Blood Alcohol Concentrations (BAC)* **between .02 and .06** (the Golden Zone).

Judgment and reaction skills are impaired at BACs of .05 and higher.

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.

*Blood Alcohol Concentration (BAC) is the percentage of alcohol in your blood.

UVA RESOURCES

BASICS

Free confidential alcohol use assessment with personalized feedback

www.virginia.edu/basicsprogram

Click on "Register"

Counseling and Psychological Services (CAPS)

434-243-5150

www.virginia.edu/studenthealth/caps.html

Gordie Center for Substance Abuse Prevention

434-924-5276

www.virginia.edu/gordiecenter

Hoos In Recovery

Several weekly meetings/drop in hours.

www.virginia.edu/hoosinrecovery

Alcohol and Drug Abuse Prevention Team (ADAPT)

To schedule a peer education program, visit

www.virginia.edu/adapt

Peer Health Educators (PHE)

To schedule a program, visit

www.virginia.edu/studenthealth/phe.html

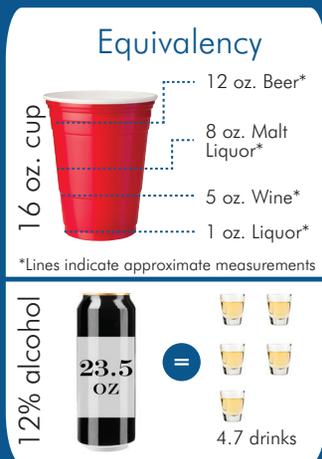
SAFER DRINKING GUIDELINES



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



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.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 UVA STUDENTS MAKE SMART CHOICES⁴

- ✿ 98% don't want to get so drunk that someone has to take care of them.
- ✿ 95% usually or always eat before and/or while drinking.
- ✿ 94% want their friends to tell them if they've had too much to drink.
- ✿ 93% intervene when they notice a problem.
- ✿ 90% usually or always use the buddy system.

60% of UVA students have 0 to 3 drinks on a typical Friday night.