

STAY IN THE GOLDEN ZONE

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

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

Reaching a BAC of .05 or higher is more likely to result in **adverse consequences** since this is the level where judgment and reaction skills are impaired.

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.

ADDITIONAL RESOURCES

Virtual Bar with BAC feedback
www.b4udrink.org

Take a look at your drinking habits & how they may affect your health
www.rethinkingdrinking.niaaa.nih.gov

See answers to hundreds of alcohol & other drug questions. Ask your most awkward questions with complete privacy.
www.goaskalice.columbia.edu

Personalized Drinking Feedback
www.alcoholscreening.org

STAY CONNECTED


WEB: www.GORDIE.org


MAIL: PO Box 800139,
Charlottesville, VA 22908-0139


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SOCIAL MEDIA:

 GordieFoundation

 @GordieCenter

 Gordie Center for
Substance Abuse Prevention



SAFER DRINKING GUIDELINES

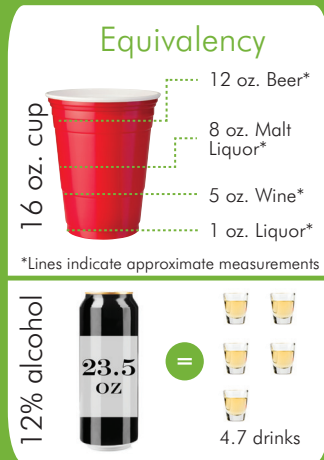
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 **GORDIE CENTER**
FOR SUBSTANCE ABUSE PREVENTION

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 based on birth sex.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 STUDENTS MAKE HEALTHY CHOICES⁴

- * 70% of college students had 0–4 drinks the last time they partied.
- * 43% of college students did not consume alcohol in the past month.
- * 89% of college students use a designated driver when drinking.
- * 88% of college students stay with the same group of friends while drinking (buddy system).
- * 80% of college students ate food before/while drinking.