

BACto basics

Regardless of prior experiences with alcohol, it's important for everyone to use safer strategies to stay in control if choosing to drink:

PACE & SPACE – Go slow and alternate with water or caffeine-free drinks, and limit to one or less alcoholic drink per hour. Remember to pour your own drink or watch it being made and continuously keep a close eye on it.

EAT BEFORE DRINKING – Food slows the absorption of alcohol in the bloodstream.

AVOID MIXING ALCOHOL WITH OTHER SUBSTANCES – Some over-the-counter and prescription drugs (e.g. allergy, antihistamines, and narcotics), as well as caffeine and nicotine, can increase alcohol's effects or make people feel less impaired than they really are.

AVOID DRINKING WHEN SICK OR TIRED – Alcohol is processed slower when sleep deprived or ill. Pay attention to how you're feeling both physically and emotionally.

Blood Alcohol Concentration (BAC)

is the percentage of alcohol in blood. Everyone absorbs alcohol differently and many factors (weight, time, and sex assigned at birth) can affect BAC.

Use these charts and strategies to stick to your limit.

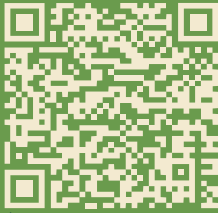
What's In A Standard Drink?

On average, it takes nearly 3 hours for 2 standard drinks to leave the body.



TIP:

Please call for help if needed. Here's what to expect when getting help:



Check out our wellbeing guides for additional resources:



Stay In the Golden Zone!

<.05 GOLDEN ZONE
 Increased relaxation and sociability while still being in control.

.05 -.08 IMPAIRMENT
 Impaired judgement and decision-making.

>.08 LEGAL INTOXICATION
 Increased risk of injury, alcohol overdose, legal issues, and other unwanted outcomes.

HOO? KNEW?

86% of UVA undergraduates who drink keep track of how many drinks they have.*

*From the February 2023 Spring Health Survey with responses from 1229 UVA undergraduates. Collected by Student Health and Wellness.

HOO? KNEW?

99% of UVA undergraduates who drink do not want to get so drunk that someone has to take care of them.**

**From the February 2023 Spring Health Survey with responses from 1229 UVA undergraduates. Collected by Student Health and Wellness.

Resources:

WahooWell: Free, confidential coaching to explore your strengths, goals, and motivations related to well-being, including substance use counseling. (434) 924-1512.

Collegiate Recovery Program: Support network or students in recovery or considering recovery from a substance use disorder: <https://www.studenthealth.virginia.edu/CRP>

CAPS: Individual recovery and substance use counseling. (434) 243-5150.

Poison Control: Contact Poison Control for free and confidential help. 1 (800)-222-1222.

Stall Seat Journal

Volume 24, Issue 05
 Office of Health Promotion
 Department of Student Health & Wellness
 University of Virginia
 Designed by Emz Phan, Class of 2025