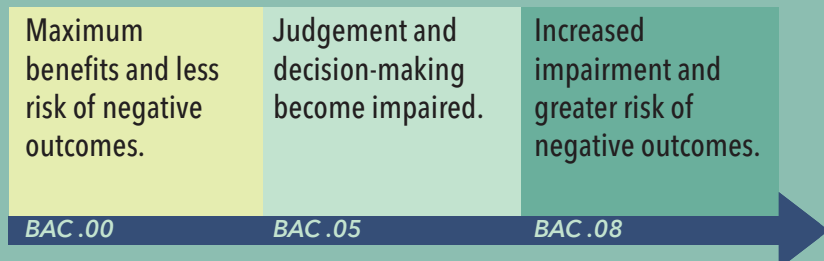


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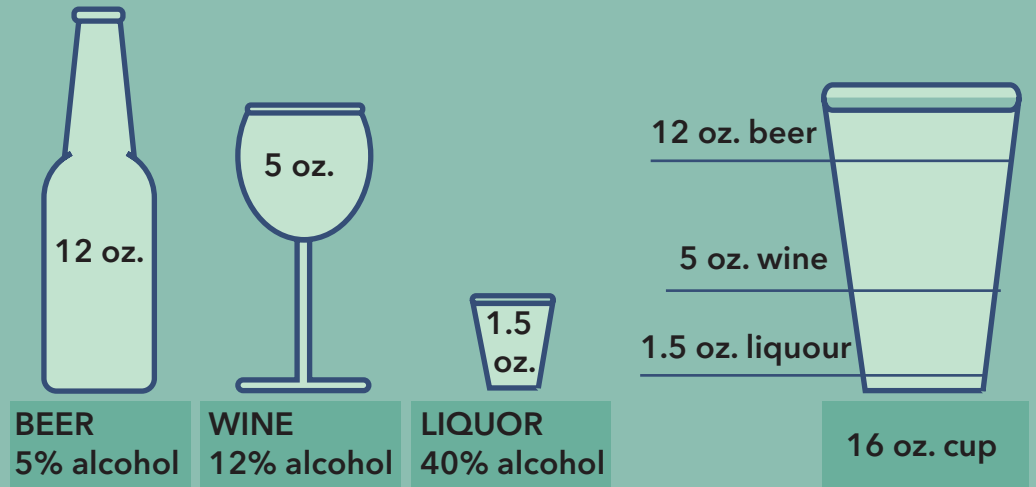
BLOOD ALCOHOL CONCENTRATION (BAC) is the percentage of alcohol in the blood.
Knowing how to manage BAC helps to stay in control while drinking.

THE GOLDEN ZONE

In the golden zone, BAC is low and a person may experience effects like increased relaxation and sociability with limited risk of negative outcomes. See the BAC charts below to learn how to estimate your personal BAC.



WHAT IS A STANDARD DRINK?



ESTIMATING BAC

Alcohol is absorbed differently in different people, but these charts can help estimate BAC when drinking. Actual BAC depends on many factors, like: sleep, illness, and other drugs. If you suspect someone is in danger, get them help.

BAC AFTER ONE HOUR

BODY WEIGHT (LBS)	FEMALES				MALES							
	1	2	3	4	1	2	3	5	6	7	8	
100	.03	.07	.12	.16	120	.02	.05	.08	.11	.14	.17	.20
110	.02	.07	.11	.15	140	.01	.04	.06	.09	.12	.14	.17
120	.02	.06	.10	.13	160	.01	.03	.05	.08	.10	.12	.15
130	.02	.05	.09	.12	180	.00	.03	.05	.07	.09	.11	.13
140	.02	.05	.08	.11	200	.00	.02	.04	.06	.08	.10	.12
150	.01	.04	.07	.10	220	.00	.02	.04	.05	.07	.09	.10
170	.01	.04	.06	.09	240	.00	.02	.03	.05	.06	.08	.09
190	.01	.03	.06	.08	260	.00	.01	.03	.04	.06	.07	.08

RESOURCES FOR SUPPORT

Identify strategies for successful change of alcohol, marijuana, or other drug use with a **confidential WahooWell** survey and meeting.
studenthealth.virginia.edu/wahoowell

Connect with **Hoos in Recovery**, a UVA community for people in recovery or considering recovery from alcohol or drug use disorders.
virginia.edu/hoosinrecovery

Counseling and Psychological Services (CAPS): Join a support group, or get one-on-one support and referrals to other services. Call **(434)243-5150** to see how CAPS can best support you.

Subscribe to **Wahoo Weekender** emails for substance-free weekend activities. Email sympa@virginia.edu with the subject "subscribe wahooweekender".

TIPS FOR MANAGING BAC



Pace & Space: Sip a drink and alternate with water or other caffeine-free drinks. It is not recommended to have more than one alcoholic drink per hour.

Eat Before and While Drinking: Alcohol is absorbed into the bloodstream more slowly when there is food (especially protein, like meat or cheese) in the stomach.

Avoid Mixing Alcohol with Other Drugs: Some drugs (e.g. allergy antihistamines, antibiotics, and caffeine) can increase alcohol's effects. Caffeine and other stimulants can increase the risk of dangerous choices. Not sure about a drug? Ask your doctor or pharmacist.

Use Caution when Sick or Tired: Alcohol is processed slower when a person is sleep deprived or ill.

Be Aware of New Environments: Alcohol can cause greater impairment when drinking different beverages or in new locations. Tolerance depends, in part, on environmental cues (place, people, & beverages), not just the amount of alcohol consumed.

HOO KNEW?

Almost all of UVA students who drink use five or more protective behaviors. *

95% eat before and/or while drinking

89% stay in a group (use the buddy system)

87% make plans to get home safely or use a designated driver

82% avoid mixing alcohol with other drugs

75% avoid drinking when sick or tired

*From the February 2017 Health Survey with responses from 1,010 UVA students

HOO KNEW?

Most UVA students have 2 or fewer drinks on a typical Friday night.**

**From the February 2019 Health Survey with responses from 808 UVA students

If choosing to vape, it is important to remember that vaping products contain a highly addictive stimulant, nicotine. Nicotine can have negative effects on the user. Making informed decisions in what behaviors to take part in can help keep students safe.