

BAC TO BASICS

**HOO
KNEW?**

86% OF UVA UNDERGRADUATES
WHO DRINK KEEP TRACK OF HOW
MANY DRINKS THEY HAVE.*

RESOURCES

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

Poison Control: Contact Poison Control for free confidential medical expert help - 1 (800) 451-1428.

PHE: Hoos in the Know (HITK) explores the differences between actual and perceived substance use among students at UVA, strategies to lower risk, how to respond to emergency situations, and resources available at UVA. HITK can be requested by student organizations, including Fraternities and Sororities, and residence hall groups studenthealth.virginia.edu/phe-outreach-programs

Wahoo Weekender: Email newsletter with substance-free weekend activities.

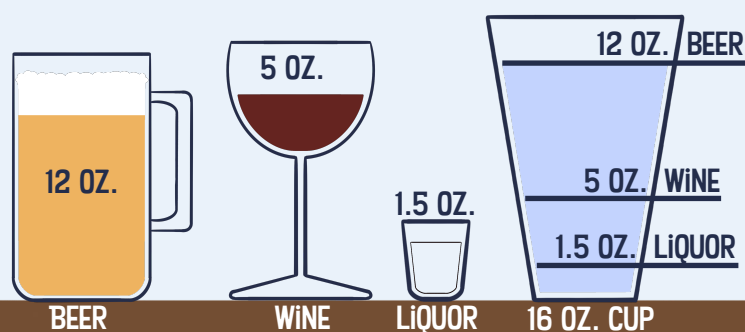
Collegiate Recovery Program:

Support network for students in recovery or considering recovery from a substance use disorder: studenthealth.virginia.edu/CRP

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

WHAT'S IN A STANDARD DRINK?

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



HOW MANY DRINKS CAN YOU HAVE TO STAY IN THE GOLDEN ZONE?

Find out on this chart:



STAY IN THE GOLDEN ZONE!

GOLDEN ZONE

Increased relaxation and sociability while still being in control.

<.05

IMPAIRMENT

Impaired judgment and decision-making.

.05
-.08

LEGAL INTOXICATION

Increased risk of injury, alcohol overdose, legal issues, and other unwanted outcomes.

.08<

Blood Alcohol Concentration (BAC) is the percentage of alcohol in blood. Everyone absorbs alcohol differently and many factors can affect BAC. Use these charts and strategies to avoid the not-so-good things about drinking.

Sex assigned at birth causes people to metabolize alcohol differently. Weight, time, and sex are not the only factors that affect BAC. Your experience can also be influenced by genetics, mental health, medications, and more. Use these charts as a guide, not a rule.

TIP: PLEASE CALL FOR HELP IN AN ALCOHOL OR OTHER DRUG EMERGENCY. HERE'S WHAT TO EXPECT:



REGARDLESS OF PRIOR EXPERIENCES WITH ALCOHOL, IT'S IMPORTANT FOR EVERYONE TO USE SAFER STRATEGIES TO IF CHOOSING TO DRINK TO PROTECT THEMSELVES AND OTHERS:

- Pace & space – Go slow and alternate with water or other non-carbonated and caffeine-free drinks, and limit to one or fewer alcoholic drinks per hour. Remember to pour your own drink or watch it being made and continuously keep a close eye on it.
- Eat before and while drinking – Food slows the absorption of alcohol in the bloodstream. Any food helps, but protein is best!
- Avoid mixing alcohol with other substances – Some prescription, over-the-counter, and street drugs (e.g. antihistamines, narcotics) can increase alcohol's effects. Caffeine and other stimulants can trick you into feeling less impaired than you are. Use credible sources, including your healthcare provider, to find out about specific interactions.
- Avoid drinking when sick or tired – Alcohol is absorbed more quickly when sleep deprived or ill. Pay attention to how you're feeling both physically and emotionally.
- Be aware of new environments - Drinking in locations that are not typical for you or trying different beverages can cause greater impairment due to situational tolerance.

**HOO
KNEW?**

99% OF UVA UNDERGRADUATES WHO DRINK DO NOT WANT TO GET SO DRUNK THAT SOMEONE HAS TO TAKE CARE OF THEM.*



WANT THIS POSTER FOR YOUR ROOM? FEEL FREE TO TAKE ME HOME AFTER FEBRUARY 12TH?