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 BAC.

ESTIMATING BAC

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

What is a standard drink?

Almost all UVA students who drink use five or more safer strategies.*

TIPS FOR MANAGING BAC

Pace & Space

Sip a drink, alternate with water or other caffeine-free drinks, and have no more than one drink per hour. On average, it takes nearly three hours for the alcohol in two standard drinks to leave the body.

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 prescription and over-the-counter drugs (e.g. allergy antihistamines and narcotics) can increase alcohol’s effects. Caffeine and other stimulants can trick a person into feeling less impaired, increasing the risk of dangerous choices. Not sure about a drug? Ask your doctor or pharmacist.

Use Caution When Sick or Tired

Alcohol leaves the body more slowly 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.

Options and Support

Subscribe to Wahoo Weekender emails for substance-free weekend activities. Email sympo@virginia.edu with the subject “subscribe wahooweekender”.

Identify strategies for successful change of alcohol, marijuana, or other drug use with the confidential BASICS program. virginia.edu/basicsprogram

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

Counselling and Psychological Services (CAPS) (434) 243-5150

Join a support group or get one-on-one support and referrals to other services. Call to see how CAPS can best support you.

*From the Spring 2017 Health Survey with responses from 1,000 UVA students