Know your Blood Alcohol Content — the % of alcohol in your blood.
If you drink, use the chart on the back to determine your estimated BAC and find your personal Blue zone.

1 DRINK = 12 oz beer = 1 shot liquor = 5 oz wine = 1 Long Island iced tea = 4-5 drinks

STAY IN THE BLUE

.00-.03 BAC Slight euphoria. Loss of shyness.
.04-.06 BAC Relaxed feeling, lower inhibition, minor impairment of reasoning & memory. Less cautious.

BEWARE OF THE MAIZE

.07-.09 BAC Impaired balance, speech, judgment, reasoning and reaction time. Illegal to drive @ .08.
.10-.12 BAC Significant impairment of coordination, judgment and reaction time. Slurred speech.
.13-.15 BAC Blurred vision, anxiety, severely impaired coordination & judgment. Could blackout or pee your pants.
.16-.19 BAC Nausea, higher anxiety. "Sloppy" drunk, could pass out.

KEEP OUT OF THE RED

.20-.24 BAC Disorientation, need help to stand/walk. Vomiting & blackouts likely.
.25-.29 BAC Severe impairment of mental, physical, sensory functions; risk of serious injury. Likely to pass out.
.30-.34 BAC Stupor, little comprehension, hard to wake. Death possible.
.35+ BAC Coma &/or death likely.

Choose to be safe and legal.

UM Alcohol & Other Drug Prevention Program, URS, Division of Student Affairs www.umich.edu/wellness
Adapted from University of Virginia.