

WHAT IS BAC?

BLOOD ALCOHOL CONCENTRATION (BAC) IS THE AMOUNT OF ALCOHOL THAT IS PRESENT IN THE BLOODSTREAM.

THE WAY A PERSON REACTS TO ALCOHOL DEPENDS ON:



STRENGTH OF DRINK

Drinks can have different effects based on their composition.



FOOD

Eating foods high in protein slows down the absorption of alcohol into the bloodstream.



BODY WEIGHT

People who weigh less will generally be affected more quickly by alcohol than people who carry more weight.



GENDER

Women tend to reach a higher BAC faster because they have a higher fat to muscle ratio than men.



RATE OF CONSUMPTION

The liver metabolizes alcohol at an average rate of one standard size drink (12 oz. beer, 5 oz. wine, 1.5 oz. of 80 proof distilled spirits) per hour.



DRUG USE

The use of other legal or illegal drugs can increase the effects of alcohol and may cause a dangerous, unpredictable outcome.

HOW LONG DOES IT TAKE TO ELIMINATE ALCOHOL FROM MY BODY?

Sobering up quickly with a cold shower, exercise, eating a large meal or drinking coffee is a myth! In fact, you can only reduce the amount of alcohol in your bloodstream as time passes.



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