

Estimated Blood Alcohol Concentration for MEN after ONE HOUR

One drink is 1 oz of 100 proof liquor, 12 oz of beer, or 5 oz of wine

BODY WEIGHT (lbs)	1	2	3	4	5	6	7	8	9	10
100	.02	.06	.10	.13	.17	.21	.25	.28	.32	.36
120	.02	.05	.08	.11	.14	.17	.20	.23	.27	.30
140	.01	.04	.06	.09	.12	.14	.17	.20	.23	.25
160	.01	.03	.05	.08	.10	.12	.15	.17	.19	.22
180	.00	.03	.05	.07	.09	.11	.13	.15	.17	.19
200	.00	.02	.04	.06	.08	.10	.12	.13	.15	.17
220	.00	.02	.04	.05	.07	.09	.10	.12	.14	.15
240	.00	.02	.03	.05	.06	.08	.09	.11	.12	.14

Estimated Blood Alcohol Concentration for MEN after FIVE HOURS

One drink is 1 oz of 100 proof liquor, 12 oz of beer, or 5 oz of wine

BODY WEIGHT (lbs)	1	2	3	4	5	6	7	8	9	10
100	.00	.00	.03	.07	.11	.15	.18	.22	.26	.30
120	.00	.00	.01	.05	.08	.11	.14	.17	.20	.23
140	.00	.00	.00	.03	.05	.08	.11	.13	.16	.19
160	.00	.00	.00	.01	.04	.06	.08	.11	.13	.15
180	.00	.00	.00	.00	.02	.04	.07	.09	.11	.13
200	.00	.00	.00	.00	.01	.03	.05	.07	.09	.11
220	.00	.00	.00	.00	.01	.02	.04	.06	.07	.09
240	.00	.00	.00	.00	.00	.01	.03	.05	.06	.08

Estimated Blood Alcohol Concentration for WOMEN after ONE HOUR

One drink is 1 oz of 100 proof liquor, 12 oz of beer, or 5 oz of wine

BODY WEIGHT (lbs)	1	2	3	4	5	6	7	8	9	10
90	.03	.08	.13	.18	.23	.28	.33	.38	.43	.48
100	.03	.07	.12	.16	.21	.25	.30	.34	.39	.43
120	.02	.06	.10	.13	.17	.21	.25	.28	.32	.36
140	.02	.05	.08	.11	.14	.18	.21	.24	.27	.31
160	.01	.04	.07	.10	.12	.15	.18	.21	.24	.27
180	.01	.03	.06	.08	.11	.13	.16	.18	.21	.23
200	.01	.03	.05	.07	.10	.12	.14	.16	.19	.21
220	.00	.02	.05	.07	.09	.11	.13	.15	.17	.19

Estimated Blood Alcohol Concentration for WOMEN after FIVE HOURS

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BODY WEIGHT (lbs)	1	2	3	4	5	6	7	8	9	10
90	.00	.02	.07	.12	.17	.22	.27	.32	.37	.42
100	.00	.01	.06	.10	.15	.19	.24	.28	.33	.37
120	.00	.00	.03	.07	.11	.15	.18	.22	.26	.30
140	.00	.00	.02	.05	.08	.11	.14	.18	.21	.24
160	.00	.00	.00	.03	.06	.09	.12	.15	.17	.20
180	.00	.00	.00	.02	.05	.07	.10	.12	.15	.17
200	.00	.00	.00	.01	.03	.06	.08	.10	.12	.15
220	.00	.00	.00	.00	.02	.04	.06	.08	.10	.13

Effects of Blood Alcohol Concentration

.02%	Relaxation, loss of inhibitions
.05%	Delayed reaction time, impaired judgment
.08%	Legal limit to drive in VA
	Mild speech impairment
.10%	Lack of coordination & balance, exaggerated emotions
.15%	Blackouts possible, significant mental & physical impairment
.20%	Unable to walk unassisted
.30%	Unconscious, difficult to arouse
.40%+	Coma or death likely

(Source: Virginia ABC)

Call 911 Immediately If:

- Person is unresponsive to shaking or a shoulder pinch
- Skin is pale, bluish, cold, or clammy
- Breathing is irregular or too slow
- If you discover any **one** of the above symptoms, **turn the person on his/her left side** to prevent choking, **stay with the person and call 911.**

Emergency Numbers

Fire/Police/Rescue Squad: 911

Safe Ride:	242-1122
Yellow Cab:	295-4131
SARA:	977-RAPE
HELP Line (open 24/7):	295-TALK
Poison Center:	1-800-222-1222

Other UVA Resources

Center for Alcohol and Substance Education (CASE)	924-5276
Office of the Dean of Students	924-7133
Student Health	924-5362
Counseling and Psychological Services (CAPS)	243-5150



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