Tips for a lower BAC

**Pace & space** - Sip your drink instead of chugging, alternate with water or soda and have no more than 1 drink/hour. On average, it takes nearly 3 hours for most people to eliminate the alcohol in 2 standard drinks.

**Eat before and while drinking** - Alcohol is absorbed into the bloodstream more slowly when there is food (especially protein) in your stomach.

**Avoid mixing alcohol with other drugs** - Some prescription and over-the-counter drugs (e.g. antihistamines, sedatives) can increase alcohol’s effects. Caffeine and other stimulants can trick you into feeling less impaired.

**Use caution when sick or tired** - When you’re sleep deprived or ill, alcohol leaves the body more slowly.

Stay in the Golden Zone

- **Blood Alcohol Concentration (BAC)** is the percentage of alcohol in your blood.
- Judgment and reaction skills are impaired at BACs of **.05 and above**.
- The peak high or buzz a person feels from alcohol is reached at BACs between **.02 and .06**.
- Reaching a BAC of **.05 or higher** is more likely to result in adverse consequences.
- Safer drinking means keeping your BAC below **.05**.

Student Health Resources

- **Counseling and Psychological Services (CAPS)**
  434-243-5150  
  www.virginia.edu/studenthealth/caps.html

- **Gordie Center for Substance Abuse Prevention (Gordie Center)**
  434-924-5276  
  www.virginia.edu/gordiecenter

- **Hoos In Recovery**
  Meets twice monthly, meal provided. See www.virginia.edu/gordiecenter for the schedule

- **Alcohol and Drug Abuse Prevention Team (ADAPT)**
  To schedule a program, complete the form at http://adapt-uva.weebly.com

- **Peer Health Educators (PHE)**
  To schedule a program call 434-924-1509  
  www.virginia.edu/studenthealth/phe.html

- **Free Alcohol Education Program**
  www.virginia.edu/gordiecenter
  Click on “register now”

Additional Resources

- **Personalized drinking feedback**
  www.alcoholscreening.org

- **Substance abuse recovery meetings in walking distance of Grounds**
  www.virginia.edu/gordiecenter
  Click on “support services”
0 drinks is the only safe choice for people in certain higher-risk situations—for example, when driving, pregnant, taking certain prescription or over-the-counter medications or with health conditions such as alcoholism. Consuming alcohol under the age of 21 can lead to legal consequences.¹

No more than 1 drink per hour. On average, it takes nearly 3 hours for most people to eliminate the alcohol in 2 standard drinks.²

If you decide to drink, there are gender-based recommendations on safer drinking levels.

**Women’s guidelines**
- No more than 1 drink daily¹
- No more than 2 drinks on any one day³
- No more than 7 drinks per week³

**Men’s guidelines**
- No more than 2 drinks daily¹
- No more than 3 drinks in any 1 day³
- No more than 14 drinks per week³

Nearly 3 out of 4 U.Va. students who drink usually or always make their own drinks or watch them being made⁴

Nearly 4 out of 5 U.Va. students who drink usually or always use the buddy system⁴

What is a “standard drink” of alcohol?

| Beer (12 oz 5% alcohol) | Wine (5 oz 12% alcohol) | Liquor (1.5 oz 40% alcohol) |

Alcohol percentage and container volume will determine number of standard drinks.

Source: National Institute on Alcohol Abuse and Alcoholism