

# We've got your

# BAC

Blood Alcohol Concentration is the percentage of alcohol in the blood.  
Example: BAC .08 means that the body contains 8/10 of a mL of alcohol per 1,000.

**IF YOU ARE UNDER 21, IT IS ILLEGAL TO DRINK ALCOHOL.**

**IF YOU ARE GOING TO DRIVE, DRINK NO ALCOHOL.**



## What is **ONE DRINK?**



12oz  
**SELTZER OR  
REGULAR BEER**  
5% ALCOHOL

OR  
8oz-9oz  
**MALT LIQUOR OR  
CRAFT BEER**  
7% ALCOHOL

OR  
5oz  
**TABLE  
WINE**  
12% ALCOHOL

OR  
1.5oz  
**80-PROOF  
SHOT**  
40% ALCOHOL

Note: The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

**If you are concerned about your alcohol use, help is available.  
Call or text 988.**

This was paid for with federal highway safety funding by the Missouri Department of Transportation.

## ALWAYS THINK FIRST!

**Stay in the **BLUE** LEVEL:**

**.02-.03** No loss of coordination, slight euphoria & loss of shyness

**.04-.06** Relaxation, lower inhibitions, minor impairment of reasoning & memory

**Be careful in the **YELLOW** LEVEL:**

**.07-.09** Slight impairment of balance, speech & reaction time; judgement reduced, reason impaired

**.10-.13** Significant impairment of motor skills & loss of good judgement; speech, balance & reaction time impaired

**.13-.15** Gross motor impairment, blurred vision, anxiety & loss of balance; judgement & perception severely impaired

**.16-.19** Nausea & more anxiety, appear as 'sloppy' drunk

**.20-.24** Disoriented, difficulty standing and walking, nausea and vomiting, blackouts likely

**Stay out of the **RED** LEVEL:**

**.25-.29** Mental & physical sensory functions severely impaired, risk of serious injury

**.30-.34** Stupor, little comprehension, may pass out, hard to wake

**.35+** Coma and/or death possible

Information adapted from brad21.org

# DRINKING FROM A PARTY CUP?

**Make sure to measure!**



**Not all drinks are created equal**

These popular cocktails usually contain multiple standard drink servings:

Long Island Iced Tea: **4 drinks**

Pina Colada: **2 drinks**

Margarita: **1.5 drinks**