

# Women, we've got your

# BAC

**B**lood **A**lcohol **C**oncentration 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:

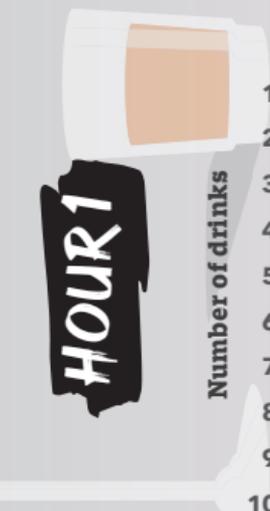
**.25-.29** Mental & physical sensory functions severely impaired, risk of serious injury

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

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

Information adapted from [brad21.org](http://brad21.org)

### Body weight in pounds (women)



	100	120	140	160	180	200
1	.03	.02	.02	.01	.01	.01
2	.07	.06	.05	.04	.03	.03
3	.12	.10	.08	.07	.06	.05
4	.16	.13	.11	.10	.08	.07
5	.21	.17	.14	.12	.11	.10
6	.25	.21	.18	.15	.13	.12
7	.30	.25	.21	.18	.16	.14
8	.34	.28	.24	.21	.18	.16
9	.39	.32	.27	.24	.21	.19
10	.43	.36	.31	.27	.23	.21

### Body weight in pounds (women)



	100	120	140	160	180	200
1	.00	.00	.00	.00	.00	.00
2	.04	.03	.02	.01	.00	.00
3	.09	.06	.05	.04	.03	.02
4	.13	.10	.08	.06	.05	.04
5	.18	.14	.11	.09	.08	.06
6	.22	.18	.14	.12	.10	.09
7	.27	.21	.18	.15	.13	.11
8	.31	.25	.21	.18	.15	.13
9	.36	.29	.24	.21	.18	.15
10	.40	.33	.27	.23	.20	.18

### Body weight in pounds (women)



	100	120	140	160	180	200
1	.00	.00	.00	.00	.00	.00
2	.01	.00	.00	.00	.00	.00
3	.06	.03	.02	.00	.00	.00
4	.10	.07	.05	.03	.02	.01
5	.15	.11	.08	.06	.05	.03
6	.19	.15	.11	.09	.07	.06
7	.24	.18	.15	.12	.10	.08
8	.28	.22	.18	.15	.12	.10
9	.33	.26	.21	.17	.15	.12
10	.37	.30	.24	.20	.17	.15

Use these charts to estimate your BAC. The charts are for general information purposes only. The charts are NOT to be used as an accurate or exact measurement of a specific individual's BAC.