

Blood Alcohol Concentration

(2.25" x 7" Bookmark/Wallet Card)

IF YOU CHOOSE TO DRINK, DRINK SAFELY

SIGNS OF ALCOHOL POISONING:

- ⊙ Repeated, uncontrolled vomiting
- ⊙ Slow or shallow breathing
 - ▶ less than 13 breaths per minute
 - ▶ more than 8 seconds between breaths
- ⊙ Cold, clammy, pale, or bluish skin
- ⊙ Unresponsive or unable to be awakened

IF YOU NOTICE ANY OF THE ABOVE SIGNS, CALL 9-1-1

You could save your friend's life.

WHAT TO DO:

- ⊙ Call 9-1-1
- ⊙ Lie your friend on his/her side
- ⊙ Stay with your friend while waiting for help
- ⊙ Try to keep him/her awake

WHAT NOT TO DO:

- ⊙ Don't let your friend drive or ride a bike
- ⊙ Don't let your friend walk, run or exercise
- ⊙ Don't give your friend food, liquid, medicine or drugs
- ⊙ Don't put your friend in a cold shower

BE A FRIEND

<http://safeparty.ucdavis.edu>

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DAVIS TAKES IMPAIRED DRIVING ENFORCEMENT SERIOUSLY

APPROXIMATE BLOOD ALCOHOL CONCENTRATION (BAC) FOR DIFFERENT BODY WEIGHTS

TIME FROM FIRST DRINK	90 TO 109 LBS.								110 TO 129 LBS.								130 TO 149 LBS.								150 TO 169 LBS.								170 TO 189 LBS.								190 TO 209 LBS.								210 LBS. & UP																							
	TOTAL DRINKS								TOTAL DRINKS								TOTAL DRINKS								TOTAL DRINKS								TOTAL DRINKS								TOTAL DRINKS								TOTAL DRINKS																							
1 hr.	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8								
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ONE DRINK: is a 1/2-ounce shot of 80-proof liquor (even if it's mixed with non-alcoholic drinks), a 4-ounce glass of wine, or 12 ounces of 5.7% beer.

NOTE: Actual numbers can vary by body type, sex, health status, food consumption and other factors.

below legal intoxication < .08% BAC legal intoxication ≥ .08% BAC stupor and vomiting ≥ .16% BAC coma and death ≥ .30% BAC