

HOW MUCH IS TOO MUCH? KNOW YOUR BAC!

Blood Alcohol Concentration	Typical Effects
.02 g/dL	<ul style="list-style-type: none"> • Judgment impaired • Muscles relaxed • Slight body warmth • Mood altered
.05 g/dL	<ul style="list-style-type: none"> • Behaviors/emotions exaggerated • Small loss of muscle control (e.g., focusing your eyes) • Judgment impaired • Alertness lowered
.08 g/dL	<ul style="list-style-type: none"> • Muscle coordination diminished (e.g., balance, speech, vision, reaction time, and hearing) • Increased difficulty in detecting danger • Judgment, self-control, reasoning, and memory impaired
.10 g/dL	<ul style="list-style-type: none"> • Reaction time delayed • Speech slurred, coordination is poor • Thinking slowed
.15 g/dL	<ul style="list-style-type: none"> • Loss of normal muscle control • Vomiting may occur • Major loss of balance
<p>If you choose to drink and want a <u>more</u> pleasurable, <u>less risky</u> experience, drink less, drink slowly, and keep your BAC under .06</p>	

What You DON'T KNOW About Alcohol CAN Hurt You!
 Concerned about your own or a friend's drinking?
 Call 3236 or 5605 to talk to a psychologist.