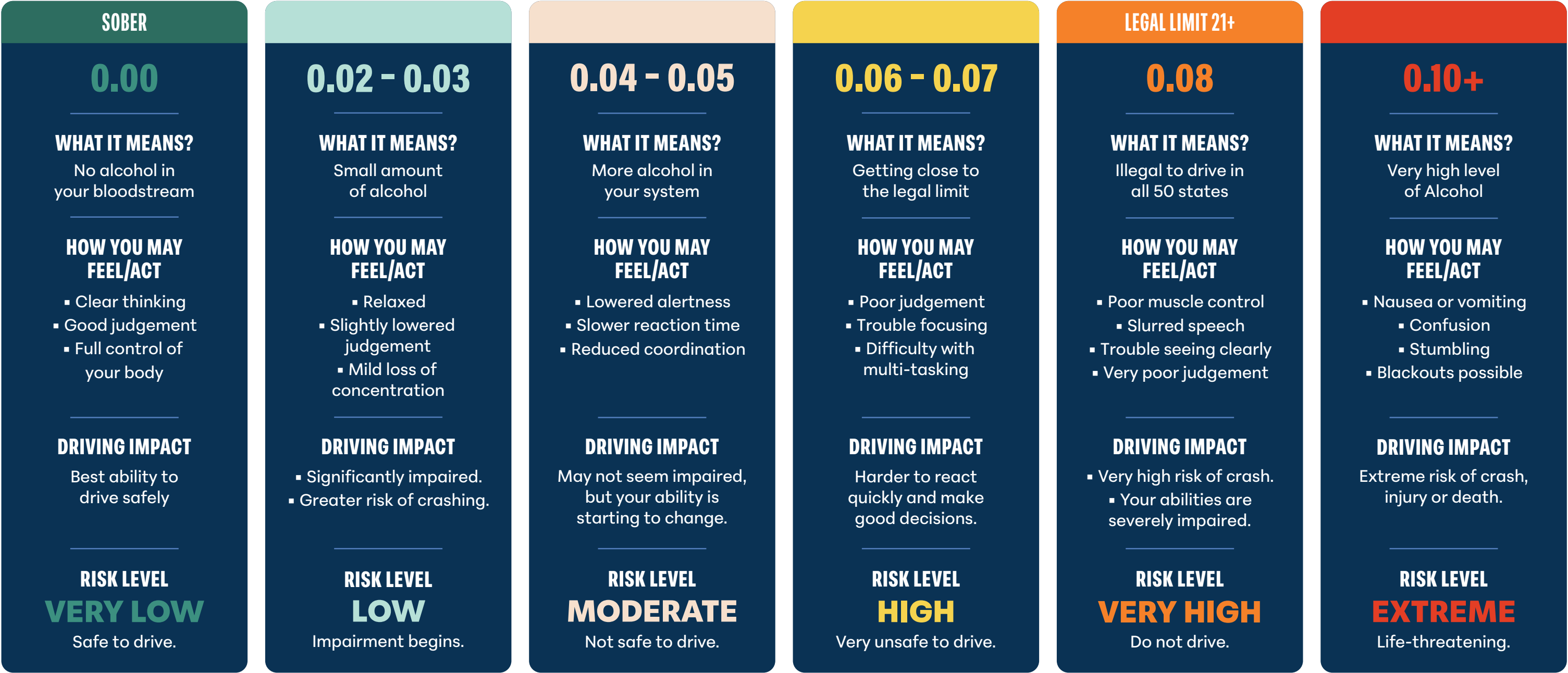


BLOOD ALCOHOL CONCENTRATION (BAC) AND HOW IT AFFECTS YOU



BAC is a measure of alcohol in your bloodstream. The more you drink in a short time, the higher your BAC — and the more your ability to drive and make good decisions is impaired.

BAC LEVEL (%) PROGRESSION CHART



IMPORTANT FACTS

One standard drink can raise your BAC. Everyone’s BAC is different. Body weight, sex, food, and time between drinks all affect your BAC. The only safe choice is not to drink and drive.

Sources: NHTSA.gov ▪ CDC.gov ▪ National Institute on Alcohol Abuse and Alcoholism (NIAAA)