

FEMALE

BAC: BLOOD ALCOHOL CONTENT – THE % OF ALCOHOL IN YOUR BLOOD
If you drink, use this card to set a limit and Stay in the Green Zone!

STANDARD DRINK SIZES

12 OZ BEER
(5% ALCOHOL)

5 OZ WINE
(12% ALCOHOL)

1.5 OZ SHOT
(40% ALCOHOL)



IF YOU ARE UNDER 21, IT IS AGAINST THE LAW TO CONSUME OR POSSESS ALCOHOL

KNOWING YOUR LIMIT

STAY IN YOUR GREEN ZONE

.02-.06 = "Buzzed" - Slight euphoria, mild relaxation, loss of shyness, lowering of inhibitions

BLUE ZONE: BEWARE

.07-.09 = Impaired balance, speech, judgement, reasoning, and reaction time.
Illegal to drive at .08

.10-.12 = Significant impairment of coordination, reaction time, and judgement

.13-.15 = Blurred vision, anxiety, lack of physical control. Judgement, balance, and perception severely impaired

.16-.19 = Nausea, higher anxiety. "Sloppy" drunk, could pass out

RED ZONE: DANGER, SEEK MEDICAL ATTENTION!

.20-.24 = Disorientation, help needed to stand/walk. Vomiting and blackouts likely.

.25+ = Severe mental, physical and sensory impairment. Risk of serious injury. Likely to pass out. Coma &/or death possible

SIGNS OF ALCOHOL POISONING



- Persistent vomiting
- Unresponsive
- Slow breathing
- Irregular/slow pulse
- Can't stand/walk on own
- Cold, pale/bluish skin

IF SOMEONE IS EXPERIENCING ANY OF THESE SIGNS,
CALL 911 IMMEDIATELY! WAIT WITH THE PERSON UNTIL HELP ARRIVES.
WHEN IN DOUBT, MAKE THE CALL. USF HAS A MEDICAL AMNESTY POLICY.

HOW TO USE THIS CARD:

1. Flip this card over and determine how long you will be drinking (1-4 hours)
 2. Locate your approximate weight across the top of the chart. Find the number of standard drinks you are consuming in the left column. The intersection of these numbers is your estimated BAC.
- This card is NOT meant to determine if it is safe to drive after drinking. Remember, NONE for the ROAD!

TIPS FOR A LOWER BAC:

- Eat foods high in protein and fat before/while drinking
- Sip your drink instead of chugging; Alternate alcoholic/non-alcoholic beverages
- Avoid taking shots or playing drinking games
- For more resources and info, follow @WellnessUSF on social media and visit www.usf.edu/wellbeing

FEMALES AFTER 1 HOUR OF DRINKING

		BODY WEIGHT (IN POUNDS)							
		100	120	140	160	180	200	220	240
STANDARD DRINKS	1	0.04	0.02	0.02	0.02	0.02	0.01	0.01	0.01
	2	0.09	.07	0.06	0.05	0.04	0.04	0.03	0.03
	3	0.14	.12	0.1	0.08	0.07	0.06	0.06	0.05
	4	0.19	.16	0.13	0.12	0.1	0.09	0.08	0.07
	5	0.24	.21	0.17	0.15	0.13	0.12	0.1	0.09
	6	0.29	.25	0.21	0.18	0.16	0.14	0.13	0.12
	7	0.34	.30	0.24	0.21	0.19	0.17	0.15	0.14
	8	0.39	.34	0.28	0.24	0.21	0.19	0.17	0.16
	9	0.45	.39	0.31	0.27	0.24	0.22	0.2	0.18
	10	0.5	.43	0.35	0.31	0.27	0.24	0.22	0.2

FEMALES AFTER 2 HOURS OF DRINKING

		BODY WEIGHT (IN POUNDS)							
		100	120	140	160	180	200	220	240
STANDARD DRINKS	1	0.03	0.01	0.01	0.01	0	0	0	0
	2	0.08	0.06	0.05	0.04	0.03	0.03	0.02	0.02
	3	0.13	0.08	0.08	0.07	0.06	0.05	0.05	0.04
	4	0.18	0.12	0.12	0.1	0.09	0.08	0.07	0.06
	5	0.23	0.16	0.16	0.13	0.12	0.1	0.09	0.08
	6	0.28	0.19	0.19	0.17	0.15	0.13	0.11	0.1
	7	0.33	0.23	0.23	0.2	0.17	0.15	0.14	0.12
	8	0.38	0.27	0.27	0.23	0.2	0.18	0.16	0.15
	9	0.43	0.31	0.3	0.26	0.23	0.2	0.18	0.17
	10	0.48	0.34	0.34	0.29	0.26	0.23	0.21	0.19

FEMALES AFTER 3 HOURS OF DRINKING

		BODY WEIGHT (IN POUNDS)							
		100	120	140	160	180	200	220	240
STANDARD DRINKS	1	0.01	0	0	0	0	0	0	0
	2	0.07	0.04	0.03	0.02	0.01	0.01	0	0
	3	0.12	0.09	0.07	0.06	0.05	0.04	0.03	0.03
	4	0.17	0.13	0.11	0.09	0.08	0.07	0.06	0.05
	5	0.22	0.18	0.15	0.12	0.11	0.09	0.08	0.07
	6	0.27	0.22	0.18	0.15	0.13	0.12	0.1	0.09
	7	0.32	0.27	0.22	0.19	0.16	0.14	0.13	0.11
	8	0.37	0.31	0.25	0.22	0.19	0.17	0.15	0.13
	9	0.42	0.36	0.29	0.25	0.22	0.19	0.17	0.15
	10	0.47	0.4	0.33	0.28	0.25	0.22	0.2	0.18

FEMALES AFTER 4 HOURS OF DRINKING

		BODY WEIGHT (IN POUNDS)							
		100	120	140	160	180	200	220	240
STANDARD DRINKS	1	0	0	0	0	0	0	0	0
	2	0.05	0.01	0.02	0.02	0.01	0	0	0
	3	0.1	0.08	0.06	0.05	0.04	0.03	0.02	0.02
	4	0.16	0.13	0.1	0.08	0.06	0.05	0.04	0.04
	5	0.21	0.17	0.13	0.11	0.09	0.08	0.07	0.06
	6	0.26	0.24	0.19	0.14	0.12	0.1	0.09	0.08
	7	0.31	0.29	0.21	0.17	0.15	0.13	0.11	0.1
	8	0.36	0.34	0.24	0.21	0.18	0.16	0.14	0.12
	9	0.41	0.39	0.28	0.24	0.21	0.18	0.16	0.14
	10	0.46	0.44	0.32	0.27	0.23	0.21	0.18	0.16

*DISCLAIMER: THIS CARD IS MEANT TO BE USED AS A GUIDE AND DOES NOT GUARANTEE A SPECIFIC BAC