

One drink equals:



One mixed drink with 1.5 fluid ounces of 80-proof liquor*

OR





5 fluid ounces of wine

OR



12 fluid ounces of beer or wine cooler

	Number of drinks in 1 hour	Weight						
		120 lbs.	140 lbs.	160 lbs.	180 lbs.	200 lbs.	220 lbs.	240 lbs.
	1	.04	.03	.03	.02	.02	.02	.02
	2	.07	.06	.05	.05	.04	.04	.04
	3	.11	.09	.08	.07	.07	.06	.05
	4	.15	.13	.11	.10	.09	.08	.07
	5	.18	.16	.14	.12	.11	.10	.09
	6	.22	.19	.16	.15	.13	.12	.11
	7	.25	.22	.19	.17	.15	.14	.13
	8	.29	.25	.22	.19	.17	.16	.14
	9	.32	.26	.24	.20	.19	.17	.15
	10	.35	.28	.25	.22	.20	.18	.16

	Number of drinks in 1 hour	Weight						
		100 lbs.	120 lbs.	140 lbs.	160 lbs.	180 lbs.	200 lbs.	220 lbs.
	1	.05	.04	.04	.03	.03	.03	.02
	2	.10	.08	.07	.06	.06	.05	.05
	3	.15	.13	.11	.10	.08	.08	.07
	4	.20	.17	.15	.13	.11	.10	.09
	5	.25	.21	.18	.16	.14	.13	.12
	6	.30	.26	.22	.19	.17	.15	.14
	7	.36	.30	.26	.22	.20	.18	.16
	8	.41	.33	.29	.26	.23	.20	.19
	9	.46	.38	.33	.29	.26	.23	.21
	10	.51	.42	.36	.32	.28	.25	.23

**Depending on factors such as the type of spirits and the recipe, one mixed drink can contain from one to three or more standard drinks.*

Sources: NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM, CALIFORNIA STATE UNIVERSITY BAKERSFIELD

- Have a Designated Driver:
 - o Have a Designated Driver (DD)
 - o Everyone knows that drinking and driving is bad news. Police can arrest you if you are driving with a Blood Alcohol Concentration (BAC) of 0.08 or more (.01 if under 21 and .04. for commercial vehicle drivers). Make sure to have a Designated Driver (DD) or a safe ride home.
 - o Plan who will be the DD ahead of time.
 - o Input local transportation numbers in your phone.
 - o Bring extra money, just in case.
 - o If you have your car but don't have a DD, leaving your car overnight may be your best option. A fine is a small price to pay for getting home safely! The total cost of a DUI can total between \$10,000 - \$15,000.
 - o Take turns being the DD so one person isn't the DD every time you go out.
 - o Include the DD in the fun without encouraging them to drink.
 - o Don't let your friends ride with a DD who has started drinking.
 - o If your DD starts drinking, call someone else or local transportation for help.