

# How Much Is Too Much?



*KNOW Your BAC*

*(Blood Alcohol Content)*

## Major Factors that Determine

- Amount of Alcohol
- Body Weight
- Gender
- Rate of Consumption

## Other Influences

- Other drugs or medications in the system
- Full/empty Stomache
- Type of Drink
- Hydration Level

*If a person drinks faster than one drink per hour, the alcohol simply stays in the body, waiting its turn to be metabolized, the result is increasing levels of intoxication.*

*A person's BAC can continue to rise even while he or she is passed out. Even after a person stops drinking, alcohol in the stomach and intestine continues to enter the blood stream and circulate throughout the body.*

*Rapid binge drinking is especially dangerous because the victim can ingest a fatal dose before becoming unconscious or exhibiting many of the other signs of alcohol poisoning.*

*Combining alcohol with energy drinks may give people the "sensation" of reduced alcohol effects but does not alter BAC.*

**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*