

# BAC CARD

## For Women

**Blood Alcohol Content (BAC)** is calculated by determining how many milligrams of alcohol are present in 100 millilitres of blood. In computing these BAC charts, a drink is defined as follows:

**Beer** 341 mL (12 oz.)  
5% alcohol content

**Wine** 142 mL (5 oz.)  
12% alcohol content

**Cider/Cooler** 341 mL (12 oz.)  
5% alcohol content

**Distilled Alcohol** (rye, gin, rum, etc.)  
43 mL (1.5 oz.) 40% alcohol content

### Stay in the GOOD

**.01-.05** = mild euphoria, slight muscle relaxation, increased sociability, talkative

**.05-.08** = lowered alertness, reason and judgement slightly impaired, exaggerated behaviors

### Avoid the BAD

**.08-.15** = slowed reactions, inability to focus, loud talking, senses impaired, short-term memory loss, slurred speech

**.15-.24** = lack of motor control, illogical thinking, blurred vision, difficulty standing/walking, agitation, sedation, stupor

### Don't let things get UGLY

**.24-.35** = impaired circulation and respiration, increased pain threshold, disorientation, loss of motor function, loss of consciousness, possible death by overdose

**.35+** = extremely slow or irregular breathing, pale/bluish skin, unresponsive

**.40+** = death in most cases

## Safer Drinking TIPS

Pace yourself when drinking; set your limit before you party.

Stay with the same group of friends

Avoid drinking games; no one wins

Arrange a safe return home ahead of time;  
intoxicated walking isn't a safe choice

\* Data source: Spring Alcohol Survey, Ottawa 2013



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