How to use your card:

- Turn the card over and determine the number of hours over which you are drinking (1, 3, or 5).
- Locate your weight going across the top of the chart. Then find the number of drinks you are consuming in the left column. The intersection of these two numbers is your Estimated BAC level.
- Remember, all drinks are NOT the same. Use the drink equivalents above to figure out how much alcohol you are consuming. KEEP TO YOUR ORANGE LEVEL!
- To reduce risk, eat before drinking, avoid medication four hours before and after drinking, and alternate alcoholic and non-alcoholic drinks throughout drinking.

Keep in the Orange level

02 - 03 = Minimal loss of coordination, slight euphoria and less shyness
04 - 05 = Feeling of relaxation, lowered inhibitions, some minor impairment of reasoning and memory, cautions lowered

Be careful entering the White level

.07 - .09 = Impairment of balance, speech, and reaction time; judgment and reactivity reduced
10 - 125 = Significant impairment of motor coordination and loss of good judgment, blurred speech, balance and reaction time impaired
15 - 15 = Gross motor impairment and lack of physical control, blurred vision, loss of balance, anxiety, judgment and perception are severely impaired
16 - 19 = Nausea and more anxiety, appear to be a “drunk” drunk
20 - 24 = Disoriented; needs help to stand or walk, some have nausea and vomiting, blackouts likely

Keep out of the Gray level

25 - 29 = Mental, physical, and sensory functions severely impaired; risk of serious injury
30 - 34 = Severe, little comprehension, may pass out, hard to awaken
35+ = Coma and/or death possible