



**When to say when?  
Here's your  
cue.**

As of July 1, 2003, the  
"legal limit" in Iowa is

**.08** blood  
alcohol content  
(BAC) lowered  
from .10 BAC.



# The Choice to Drink and Drive can result in :

## *Jail/Prison and Fine Minimums*

1st offense - 48 hours jail / \$1,000

2nd offense - 7 days jail / \$1,500

3rd offense - 30 days jail or commit to prison (5 years maximum) / \$2,500



# Impaired Driving

(Figures contained in the charts are averages, BAC and effects of alcohol on individuals vary widely.)

BAC%	DRINKS CONSUMED		EFFECTS
	Male	Female	
0.02%	1	1	Ability to track moving objects and do tasks requiring divided attention may suffer.
0.05%	2 to 3	1 to 2	Thought, judgment and restraint more lax. Steering errors increase. Vision impaired.
0.08%	3 to 4	2 to 4	Legal limit in most states. Drivers are <b>3 to 4 times more likely to crash</b> than a sober driver. Movements are clumsy. Reaction time slows more.
0.10%	3 to 5	2 to 5	<b>Drivers are 6 times more likely to crash.</b> Movements are clumsy. Reaction time slows even more.
0.15%	4 to 7	3 to 7	<b>Crashing is 25 times more likely.</b> Reaction time increasingly affected especially in divided tasks. Field of vision narrows.

One drink = 1 oz. 80 proof spirits = 3 oz. glass of 12% wine  
 = 12 oz. glass of 5% beer

# MALE BLOOD ALCOHOL CONCENTRATION GUIDE

Number of Drinks Per Hour	PERCENT OF ALCOHOL IN BLOODSTREAM BODYWEIGHT IN POUNDS								
	110	120	140	160	180	200	220	240	
0	ONLY SAFE DRIVING LIMIT								
1	.04	.03	.02	.02	.02	.02	.02	.02	<b>Driving Skills IMPAIRED</b>
2	.08	.06	.05	.05	.04	.04	.03	.03	
3	.11	.09	.08	.07	.06	.06	.05	.05	
4	.15	.12	.11	.09	.08	.08	.07	.06	
5	.19	.16	.13	.12	.11	.09	.09	.08	<b>LEGALLY DRUNK IN IOWA and most states</b>
6	.23	.19	.16	.14	.13	.11	.10	.09	
7	.26	.22	.19	.16	.15	.13	.12	.11	
8	.30	.25	.21	.19	.17	.15	.14	.13	
9	.34	.28	.24	.21	.19	.17	.15	.14	

# FEMALE BLOOD ALCOHOL CONCENTRATION GUIDE

**Number  
of  
Drinks  
Per  
Hour**

**PERCENT OF ALCOHOL IN  
BLOODSTREAM  
BODYWEIGHT IN POUNDS**

**100 120 140 160 180 200 220 240**

**0**

**ONLY SAFE DRIVING LIMIT**

**1**

**.05 .04 .03 .03 .03 .02 .02 .02**

**Driving  
Skills**

**2**

**.09 .08 .07 .06 .05 .05 .04 .04**

**Skills**

**3**

**.14 .11 .10 .09 .08 .07 .06 .06**

**IMPARED**

**4**

**.18 .15 .13 .11 .10 .09 .08 .08**

**LEGALLY  
DRUNK**

**5**

**.23 .19 .16 .14 .13 .11 .10 .09**

**DRUNK**

**6**

**.27 .23 .19 .17 .15 .14 .12 .11**

**IN**

**7**

**.32 .27 .23 .20 .18 .16 .14 .13**

**IOWA and  
most states**

**8**

**.36 .30 .26 .23 .20 .18 .17 .15**

**9**

**.41 .34 .29 .26 .23 .20 .19 .17**

# Other Consequences that can result from Alcohol Abuse:

- **Violence** - Fights, vandalism, sexual assaults, homicide and suicide are far more likely to occur when drinking is involved.
- **Unprotected sex** - Individuals are less likely to use safer sex practices when drinking, which can result in unplanned pregnancy and infection with a sexually transmitted disease
- **Serious injury** - Over 53% of all fatal automobile accidents in the U.S. involve alcohol use.
- **Death from overdose**
- **Addiction** - Although anyone can become addicted, those with a family history of alcohol or other drug addiction are at least four times more likely to develop alcoholism.
- **Lowered resistance to disease/illness**
- **Increased risk** of ulcers, heart disease, and cancers of the liver, mouth, throat and stomach
- **Fetal Alcohol Syndrome (FAS)/Fetal Alcohol Effects (FAE)** Women who drink during pregnancy may give birth to infants with physical deformities,

brain damage and mental retardation. If a woman is pregnant, trying to become pregnant, or suspects she is pregnant; she should abstain from alcohol and other drug use.

## How do you handle an intoxicated person? Do's and Don'ts

- **DO** demonstrate concern for person's welfare. Talk in a calm, non-judgmental voice in order to reassure him/her.
- **DO** find out what the person was drinking, how much, over what time period, and if the alcohol was consumed with any other drugs or medicines.
- **DO** explain what you intend to do, speaking in a clear, firm, reassuring manner.
- **DO** arrange for someone to stay with a person who is vomiting.
- **DO** encourage the intoxicated person to lie down and sleep, making sure to lie on his/her side. This prevents accidental death by choking should he/she begin to vomit. Be sure to check the person every 30 minutes for the first two hours and then every hour to make sure they are responsive and are breathing. If they do not respond call 911 for assistance. Remember, a person's BAC (Blood Alcohol Concentration) level may continue to rise

depending on how much they've had to drink and how recently s/he consumed the alcohol.

- **DO** call for help if the person becomes uncontrollable or you sense an impending medical emergency, UNI Police 273-4000.
- **DON'T** attempt to constrain the person.
- **DON'T** keep the person awake.
- **DON'T** give the person any medication, even aspirin. Aspirin may irritate the stomach lining.
- **DON'T** give the person food, coffee, tea, or other liquids. S/he is at risk for choking.
- **DON'T** induce vomiting.
- **DON'T** give the person a cold shower
- **DON'T** assume that every intoxicated person who passes out will sleep it off. Check his/her breathing at regular intervals. Don't leave them alone.
- **DON'T** let a drunken student operate a car, motorcycle or bicycle.
- **DON'T** leave him/her alone.

Place in center of Bulletin Board.

