

the

# RED CUP



Q&A



separating alcohol fact from fiction  
EVERY TUESDAY IN THE DAILY WILDCAT

**Q** I know the DUI level is .08 BAC. How would I know if I was close to that?

**A.** For the average drinker (not someone who is a heavy drinker with an alcohol tolerance) the table below serves as a guide. Most "social drinkers" (1-2 drinks) rarely reach a BAC above 0.05.

Blood alcohol concentration (BAC)	Typical physical effects	1 DRINK = 12 oz. beer 4-5 oz. wine 1 oz. liquor
0.02	Relaxation, some loss of judgment, altered mood.	
0.05	Usually good feeling, decreased inhibitions, exaggerated behavior, slowed reaction time, lowered alertness.	
0.08	Impairment of judgment & memory, muscle coordination becomes poor (e.g., balance, vision & hearing). This BAC level is considered DUI in all 50 states.	
0.10	Slurred speech, slowed thinking, clear decrease in reaction time. Person is 10X more likely to cause a fatal accident if driving.	
0.15	Balance and movement substantially impaired, difficulty walking and talking. Person is 25X more likely to cause a fatal accident if driving. BAC at or above this level is "Extreme DUI" in Arizona.	
0.20	Trouble standing, double vision, vomiting & "blackout" possible. Person is 100X more likely to cause a fatal accident if driving.	
0.30	May pass out, have memory loss, stupor, tremors, cool body temperature.	
0.40+	May have trouble breathing, coma, respiratory & cardiac arrest. Death possible.	 ARIZONA

wildfact

In Arizona drivers can be cited for DUI below 0.08 BAC, if "impaired to the slightest degree."



Got a question about alcohol?

Email it to [redcup@email.arizona.edu](mailto:redcup@email.arizona.edu)



[www.health.arizona.edu](http://www.health.arizona.edu)

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