

KNOW YOUR LIMIT



CALIFORNIA OFFICE OF TRAFFIC SAFETY

# Of drinks consumed	Approximate BAC (Male/Female Average)	Time it takes to 0.00%
1	.035	2.3 Hours
2	.065	4.3 Hours
3	.09	6 Hours
4	.12	8 Hours

BLOOD ALCOHOL CONTENT (BAC)

is affected by factors including height, weight, food intake, drug and/or medication use and rate of alcohol consumption.



THE BODY LOWERS YOUR BAC

about .015% every hour. Nothing can speed up this process. Not even coffee or a cold shower.



KNOW YOUR LIMIT



WOMEN

> 120 lbs + 2 drinks = .08% BAC

> 180 lbs + 3 drinks = .08% BAC



MEN

> 140 lbs + 3 drinks = .08% BAC

> 180 lbs + 4 drinks = .08% BAC

If you need a sober ride, call a ride-sharing service or a friend.



AVERAGE COST OF A **DUI**

\$13,500

+



+



CALIFORNIA DUI DEFINED

.08%
OR HIGHER

21 years or older
operating a regular
passenger vehicle

.04%
OR HIGHER

operating a
commercial
vehicle

.01%
OR HIGHER

younger than
21 years old

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DUI
DOESN'T JUST MEAN
BOOZE

 **GO SAFELY**
CALIFORNIA

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