

# 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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