

# LEARN YOUR LIMIT!

## What is a "Standard

A standard drink is any drink that contains about .48 oz of pure alcohol. For example, 1 Long Island Iced Tea contains approximately 4 standard drinks of alcohol.



12 oz Beer

4 oz Wine

1.5 oz Shot

| Common Drinks       | Standard Drinks | Max BAC | Time to Burnoff |
|---------------------|-----------------|---------|-----------------|
| Beer (12 oz)        | 1               | 0.03%   | 2 hrs           |
| Wine (8 oz)         | 2               | 0.06%   | 4 hrs           |
| Margarita           | 2               | 0.06%   | 4 hrs           |
| Martini             | 3               | 0.09%   | 6 hrs           |
| Rum & Coke          | 3               | 0.09%   | 6 hrs           |
| Long Island Ice Tea | 4               | 0.12%   | 8 hrs           |

## Drive Hammered... Get Nailed!



## Get a DD...Not a DUI!