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## **ALCOHOL – STRAIGHT FACTS**

The formula for alcohol is  $C_2H_5OH$ , which is ethanol/ethyl alcohol. When ethyl alcohol (the intoxicating ingredient in wine, beer, and distilled spirits) is ingested, it is broken down into water molecules and ether. Ether is used as an anesthetic – it literally puts the brain to sleep. This is what happens when you drink too much too fast.

Alcohol is a central nervous system depressant drug; it is water-soluble and passes rapidly through cell walls and is eliminated from the body primarily through a metabolism process in the liver. The liver can only detoxify one-third to one-half ounce of alcohol per hour. The use of black coffee, cold showers, or continuous walking to sober up are just myths, they do nothing to speed up the detoxifying process.

Several factors influence how alcohol affects an individual, such as: amount consumed, body weight, amount of time in which alcohol is consumed, age and gender.

Alcohol is both psychologically and physically addicting. The withdrawal symptoms from drugs such as heroin, cocaine, and marijuana may be rough but they won't kill you. Withdrawal from alcohol without proper supervision can be fatal!

### **DEGREES OF INTOXICATION**

<b>BAC LEVEL</b>	<b>FEELINGS &amp; BEHAVIOR</b>
.01-.04	Minor impairment of judgment and memory. Relaxed, with slight decrease in inhibitions and fine motor skills.
.05-.08	Decrease in judgment, muscular coordination, ability to respond to situations, and to perform activities.
.08-.10	Speech, judgment, hearing, vision, balance, and motor coordination are all affected. Most states set this as legal level of intoxication.
.10-.15	Judgment, memory, motor coordination, and self-control are severely affected. Emotions are exaggerated. Decrease in sense of pain.
.20-.30	All physical and mental abilities are severely affected. Unable to perform tasks or to walk without help; confused or dazed state. Unconsciousness may occur.
.30 +	Unconsciousness, coma or possible death.
.40-.50	Death from lung or heart failure

**IF SOMEONE PASSES OUT FROM ALCOHOL USE, CALL 9-1-1- IT COULD SAVE THEIR LIFE!**

Source: ATOD-TV

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