



Alcohol Content & Impairment Fact Sheet

Alcohol Content & Impairment Facts

- Each of the following drinks contains an equal amount of alcohol:
 - 12-oz. can of beer at 5% alcohol content
 - 5-oz. glass of wine at 12% alcohol content
 - 1 ½ oz. shot of 80-proof liquor
 - 12-oz. wine cooler at 5% alcohol content

Alcohol content between products will vary considerably depending on container size and percentage of alcohol.

- The degree of impairment depends on four basic factors:
 1. The amount you drink
 2. Whether you have eaten before or while drinking (food slows absorption).
 3. Your body weight.
 4. The length of time spent drinking.

Coffee cannot make someone sober. The person may be more awake, but just as drunk.

Only time can make someone sober. It takes at least an hour per drink for the alcohol to leave the body's system.