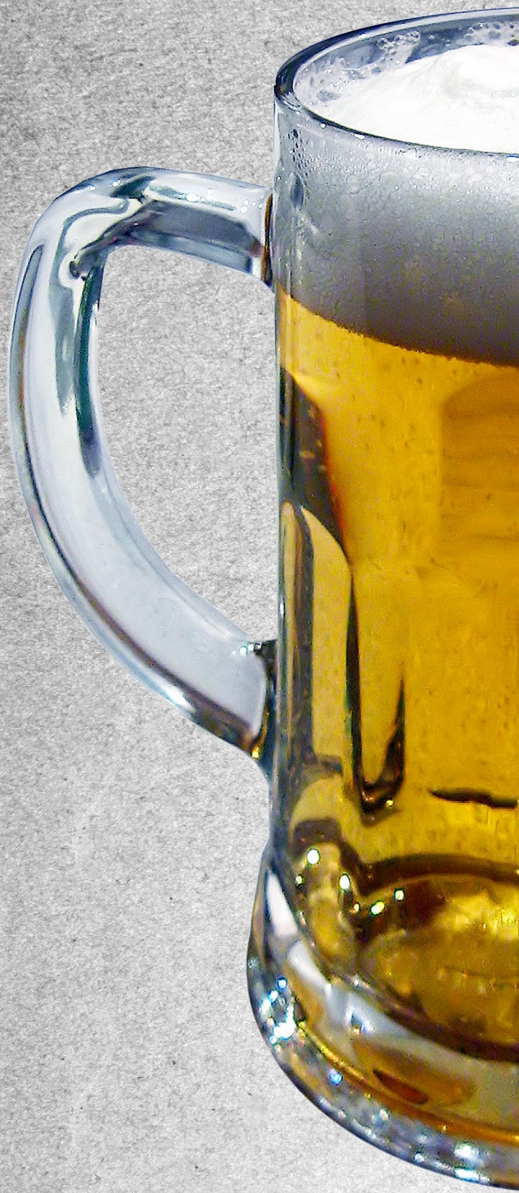


What Happens In The First Hour After Drinking Alcohol?



1 minute – Alcohol travels to your stomach and straight into your bloodstream.

5 minutes – The alcohol then makes its way around the whole body—from your brain, changing your mood, to your muscles, impacting your coordination.

30 minutes – By this time you will be feeling the effects of alcohol. Drinking more than one drink every hour means you are probably drinking too much too fast.

40 minutes – The level of alcohol in your blood is at its peak. But if you drink more than your liver can process, your blood alcohol level will be much higher.

1 hour – Alcohol is a diuretic, which means the kidneys send the alcohol straight to your bladder. You'll also end up dehydrated, which is one of the main reasons you'll feel sick the next day.

Think. Plan. Act. Watch your BAC.

Think about how you will pace yourself to keep your BAC, or blood alcohol content, down, like alternating drinks with water or soda.

Plan to keep track of how many alcoholic drinks you are consuming.

Act by eating before and during your drinking.



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