

# The Lance

## Know Your Limit

Driving after excessive drinking is dangerous and punishable by law. So, if you do drink and drive, find your own personal limit and stay within it. Remember, this chart is only a guide — not a guarantee.

In North Carolina, an alcohol concentration of 0.10 means you are driving impaired. A cup of coffee, a long walk, or a cold shower will not sober you up; only time can lower the alcohol concentration. So, please do not go over your limit. Do not be one of North Carolina's alcohol-related fatalities. Know your limit and live.

Clip this card, put it in your wallet, and use it.

| Weight | DRINKS (Two Hour Period)<br>1½ oz. 80° Liquor, 12 oz. Beer<br>or 6 oz. wine |   |   |   |   |   |   |   |
|--------|---|---|---|---|---|---|---|---|
| 100    | 1   | 2 | 3 |   |   |   |   |   |
| 120    | 1   | 2 | 3 |   |   |   |   |   |
| 140    | 1   | 2 | 3 |   |   |   | 4 |   |
| 160    | 1   | 2 | 3 |   |   |   | 4 |   |
| 180    | 1   | 2 | 3 |   |   |   | 4 | 5 |
| 200    | 1   | 2 | 3 |   |   |   | 4 | 5 |
| 220    | 1   | 2 | 3 | 4 | 5 | 6 |   |   |
| 240    | 1   | 2 | 3 | 4 | 5 | 6 |   |   |

This chart is an approximation

|                       |                              |                           |
|-----------------------|------------------------------|---------------------------|
|                       |                              |                           |
| CAUTION<br>AC TO .05% | DRIVING IMPAIRED<br>.05-.09% | LEGALLY DRUNK<br>.10 & UP |

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