BAC 0.30 and above
At or above alcohol levels of 0.30 percent, people may:
• Become severely dehydrated
• Have pinpoint pupils and slow breathing
• Have low blood pressure and decreased heart rate
• Vomit and then choke on the vomit and suffocate
• Enter coma state

Blood alcohol levels above 0.40 percent can be lethal. This is called alcohol poisoning.

BAC 0.05 – 0.10
Alcohol’s primary effect is on the brain, leading to intoxication.

Initial effects:
• Lowered inhibitions
• Many adolescents report that alcohol relieves tension and makes them feel more socially at ease, however, judgment and physical reactions may already be impaired.

BAC 0.10 – 0.20
Most teenagers now are visibly drunk, which can include staggering and trouble with verbal expression.

Common symptoms:
• Impaired coordination
• Irritability
• Slurred speech
• Poor balance
• Delayed reflex time
• Nausea and vomiting
• Loud and aggressive behavior

Many adolescents who have been drinking may not have the obvious signs of “being drunk,” but can still suffer physical and psychological effects.

BAC 0.20 – 0.30
As more alcohol is ingested, people become sleepier and slower; basic functions, including breathing, can become dangerously depressed.

Red flags of severe alcohol intoxication:
• Extreme sleepiness
• Slow, shallow breathing
• An inability to be awakened

Immediate medical attention may be necessary at this stage.

BAC 0.30 and above
At or above alcohol levels of 0.30 percent, people may:
• Become severely dehydrated
• Have pinpoint pupils and slow breathing
• Have low blood pressure and decreased heart rate
• Vomit and then choke on the vomit and suffocate
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Blood alcohol levels above 0.40 percent can be lethal. This is called alcohol poisoning.