

# ALCOHOL

## MYTHS

&

## FACTS



Coffee



Bread



Cold Shower



Sobers you up



Only time sobers you up. It takes about 2 hours for the adult body to eliminate the alcohol content of a single drink depending on your weight.

Alcohol has the same effect on everyone.



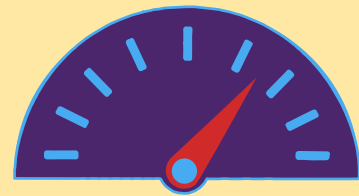
A person's sex assigned at birth, weight, family history, and other factors can impact their blood alcohol levels. Every "body" is unique, so alcohol can affect each person differently.



If you have a high tolerance you will get less drunk.



People with a high tolerance often feel the physical effects of alcohol less, but the amount of alcohol in the blood is not any lower.



You'll sleep better after a few drinks.



Alcohol may help you fall asleep, but it interferes with the quality of sleep and cuts down on the amount of restful sleep you get.

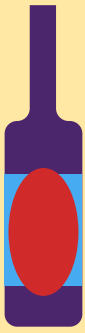


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You get a hangover from mixing wine, beer, and spirits.



A hangover results primarily from dehydration. Drinking a glass of water for every alcoholic beverage you have helps you stay hydrated by maintaining a healthy amount of water in your body.

Beer doesn't have as much alcohol as hard liquor.



A 12 oz beer (5% alcohol) has the same amount of alcohol as a 1.5 oz shot of hard liquor (40% alcohol), or 5 oz of wine (12% alcohol)



Drinking isn't all that dangerous.



Among college students, alcohol contributes to physical and sexual assaults, poor academic performance and even death.



I can manage to drive well enough after a few drinks.

The effects of alcohol start sooner than people realize, with mild impairment (up to .05 BAC) starting to affect attention, coordination, and balance.



Beer before liquor, never been sicker.



Hangovers are from the amount of alcohol consumed, not the order in which you consume it.

