**MYTHS**

- Coffee
- Cold shower
- Eating bread

**FACTS**

- It takes about 2 hours for the adult body to eliminate the alcohol content of a single drink, depending on your weight.
- Even if you are the same weight, a woman who consumes the same amount of alcohol as a man will have a higher blood alcohol level.
- 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.
- 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.
- 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.
- A 12-ounce beer (5% alcohol) has the same amount of alcohol as a 1.5 oz shot of hard liquor (40% alcohol), or 5 ounces of wine (12% alcohol).
- Among college students, alcohol contributes to risky behavior, physical and sexual assaults, poor academic performance, and even death.
- The effects of alcohol start sooner than people realize, with mild impairment (up to .05 BAC) starting to affect attention, coordination, and balance.

**Additional Notes**

- Beer before liquor, never been sicker.
- Hangovers are from the amount of alcohol consumed, not in the order in which you consume it.