

Alcohol Use Quiz Answers

1. What is the standard serving size of liquor?
 - a. 2 oz
 - b. 1.5 oz**
 - c. 3 oz
 - d. 8 oz

2. Someone with a BAC between .05 and .07 may be feeling _____?
 - a. Buzzed**
 - b. Very drunk
 - c. Lightheaded
 - D. Dazed and confused

3. _____ in the stomach will slow the absorption of alcohol into the bloodstream and delay impairment.
 - a. Acetaminophen
 - b. Acid
 - c. Alcohol
 - d. Food**

4. **True** or False: While drunk your sleep quality is worse than when you are sober.

5. With _____, you feel less drunk, so you're less able to accurately judge your ability to function.
 - a. Tolerance**
 - b. Withdraw
 - c. Sleep
 - d. Mixing alcohol types

6. As a rule of thumb, the liver can process about how many standard drinks per hour?
 - a. 5
 - b. 2
 - c. 1**
 - d. 3

7. Symptoms of alcohol poisoning include all of the following except:
 - a. Person cannot be awakened
 - b. Person has fast breathing and accelerated heart rate**
 - c. Person has cold, clammy, pale, or bluish skin
 - d. Person is vomiting while passed out and does not wake up

8. Identify 2 ways that you can reduce your risk associated with your alcohol use.

- Set a drinking limit near BAC .05
- Experiment with drinking less and refusing drinks
- Keep track of how much you consume by counting “standard drinks”
- Eat before and while you are drinking (eating after doesn’t help much)
- Be cautious when drinking liquor or mixed drinks due to high alcohol content
- Alternate alcoholic and nonalcoholic drinks
- Avoid drinking games
- Never leave your drink unattended
- Don’t drink too much too fast
- Don’t use alcohol with stimulants such as energy drinks
- Space your drinks over time
- Don’t drink while you’re sick or on medications
- Don’t drink as a method of escaping or coping with stress – it’s not effective or helpful

9. **True** or False: Energy drinks mask the effects of alcohol by giving you a sense of energy and the false sense that you are not that intoxicated.

10. Binge Drinking can be defined as ___ or more drinks in one 2 hour period for women and ___ or more drinks for men.

- a. 5, 4
- b. 3, 4
- c. 4, 5**
- d. 6, 7