

# DID YOU KNOW?

## ALCOHOL

DID YOU KNOW THAT...ONE STANDARD ALCOHOLIC DRINK TAKES AT LEAST ONE HOUR TO LEAVE YOUR BODY?

IN NEW ZEALAND ALL ALCOHOLIC DRINKS MUST BE LABELLED WITH THE STANDARD DRINKS THEY CONTAIN.

THE MORE YOU DRINK, THE LONGER IT TAKES TO BE SOBER AND SAFE.



### BLOOD ALCOHOL LEVEL

WHEN YOU DRINK, ALCOHOL GOES INTO YOUR STOMACH WHERE IT MIXES WITH ANY FOOD AND SOME ALCOHOL GOES INTO YOUR BLOODSTREAM. THE MIX THEN MOVES TO YOUR SMALL INTESTINE.

MOST OF THE ALCOHOL HEADS TO THE BRAIN FROM HERE, AFFECTING YOUR CO-ORDINATION, CONFIDENCE AND JUDGEMENT. FOOD SLOWS DOWN THIS PROCESS, WHICH IS WHY EATING BEFORE YOU DRINK IS A GREAT IDEA.

THE BLOOD THEN MOVES TO YOUR LIVER WHICH WORKS HARD TO GET RID OF THE ALCOHOL, BREAKING IT DOWN SO IT CAN LEAVE THE BODY IN URINE. IT'S ALSO A DIURETIC, MAKING YOU THIRSTY AND DEHYDRATED



