

problem drinking prevention

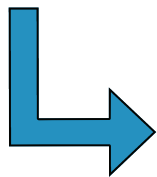


If you are **over the age of 21** and choose to drink alcoholic beverages, do so in a way that is safe for you and for others. The following is recommended:

Women = No more than **1** standard drink per day

Men = No more than **2** standard drinks per day

What's
a Standard
Drink?



12 fl oz of
regular beer



=

8-9 fl oz of
malt liquor
(shown in a
12 oz glass)



=

5 fl oz of
table wine



=

1.5 fl oz shot of
80-proof spirits
("hard liquor"—
whiskey, gin, rum,
vodka, tequila, etc.)



Know the FACTS

Drinking too much can cause serious health and safety problems.

Know Your RESOURCES

- For more information, **talk with your care team.**
- To locate a substance abuse treatment facility call:
1-800-HELP (4357)
- For more resources and parenting tips visit the website:
www.preventionlane.org

NO Amount of Alcohol is Safe For People Who Are:

- Under the age of 21
- Are pregnant or trying to become pregnant
- Planning to drive a vehicle
- Taking certain medications