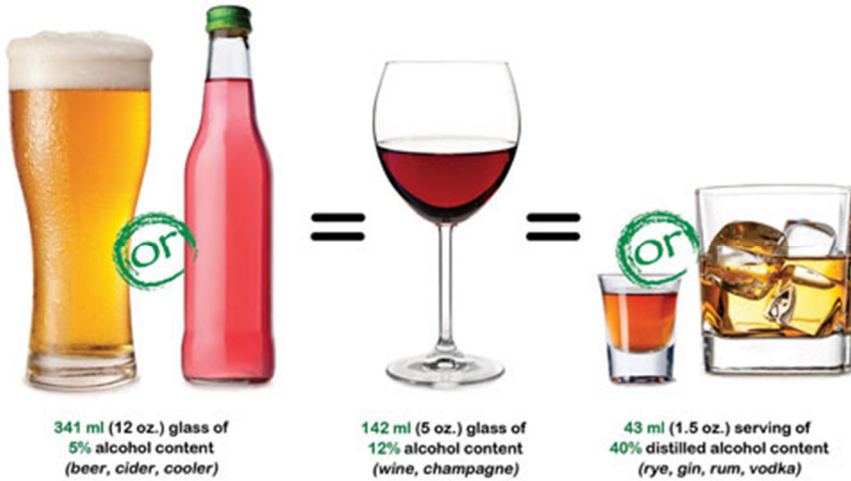


# Alcohol Guidelines

What does “a drink” mean?



Know your limits:

Alcohol is associated with long-term health risks. You can reduce your risks by drinking no more than:

- 10 drinks a week with no more than 2 drinks a day for women
- 15 drinks a week with no more than 3 drinks a day for men

Risks associated with alcohol:

Short Term	Long Term
Alcohol poisoning	High blood pressure
Motor vehicle crashes	Heart disease
Falls	Liver Disease
Drowning	Certain cancers
Miscarriages	Depression
Still births	Anxiety
Fetal alcohol poisoning	Loss of productivity and unemployment

When you do drink on special occasions, here are some things to keep in mind:

- ✓ Drink no more than 3 drinks for women and 4 drinks for men on a single occasion
- ✓ Drink in a safe environment
- ✓ Drink slowly (limit yourself to no more than 2 drinks in any 3 hours)
- ✓ Eat before and while you are drinking
- ✓ Ensure you hydrate yourself with a glass of water after each drink

How were these guidelines developed?

These guidelines were developed by a team of Canadian and International experts on behalf of the National Alcohol Strategy Advisory Committee.

([www.ccsa.ca](http://www.ccsa.ca))

Do **NOT** drink when you are:

- Driving
- Pregnant
- Using machinery or tools
- Taking medicine or any other drugs
- Making important decisions

