



# **Alcohol Awareness**

## What is “a drink?”



341 ml (12oz) glass  
of 5% alcohol  
content (beer, cider,  
cooler)

142 ml (5oz) glass  
of 12% alcohol  
content (wine,  
champagne)

43 ml (1.5oz) serving  
of 40% distilled  
alcohol content (rye,  
gin, rum, vodka)

What Are Some **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 |

The **best** way to reduce your health risks is to **abstain** from alcohol.

## What Are Some **Symptoms** and **Signs** of Alcohol-Use Disorder?

- Feeling strong urges or cravings to drink alcohol
- Unable to limit the amount of alcohol you drink
- Having no interest in social, work activities and hobbies
- Failing to fulfill major responsibilities in daily life
- Withdrawal symptoms: nausea, sweating, shaking, rapid heartbeat, problems sleeping



## Know Your **Limits**

To reduce your long-term health risks, drink 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



When You Do Drink, Keep  
These in Mind:

- Drink no more than 3 drinks for women and 4 drinks for men on a single occasion
- Increase the time between drinks
- For every alcoholic drink, hydrate yourself with an alcohol-free drink afterwards like water or juice
- Drink slowly (limit yourself to no more than 2 drinks in any 3 hours)
- Drink in a safe environment
- Eat before and while you are drinking



Do **NOT** Drink When You Are:

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

How Can I Help a Loved One Who Has an Alcohol-Use Disorder?

- Help gather information about treatment options
- Offer emotional support, understanding, and encouragement
- Help them join an alcohol anonymous group for peer support and remain involved
- Listen carefully
- Be patient with them
- Don't lecture, threaten, or bribe them





*Life with less or no alcohol holds so many benefits. What could you do with the extra money, extra energy and a clearer head? Drinking less alcohol brings improved sleep, and a higher metabolism.*

*When you say no to drinking, to what are you saying yes?*

*What are your possibilities?*

**Brought to you by:**



[www.ccsa.ca](http://www.ccsa.ca)  
[www.cdc.gov](http://www.cdc.gov)  
[www.ncadd.org](http://www.ncadd.org)