



Limit Alcohol

Plan for Success

Set a good example for your family by not having more than 1 drink a day for women or for those 65+, or 2 drinks a day for men.

Understand that drinking too much increases the risk for injury in vehicle accidents, fires, and drowning.

Change your drinking habits by developing new skills. Plan “No thank you” responses for situations when you are offered a drink. Exercise or get involved with a hobby or another healthy activity that will distract you from drinking. Drink water to satisfy your thirst.

Care enough about your health to get help if you have a drinking problem. Contact your health care team.

Eat when you drink. Food helps to slow alcohol absorption.

Stock only a limited amount of alcohol in your house. You will be less tempted to go over the drinking limit you set for yourself.

Stay away from bars and other places that entice you to drink.

