



Drink Responsibly

Limit drinking to two drinks per day for men and one drink per day for women and persons age 65 and older. Drinking too much can slur your speech, decrease your ability to think clearly, and put you at greater risk of having a traffic crash, if driving.

One drink equals 1-1/2 ounces of 80-proof hard beer (about 5% alcohol), or 5 ounces of wine.

DON'T DRINK ALCOHOL IF:

- You are pregnant
- You are under the legal drinking age
- You are driving a car, a boat, a plane, or operating machines
- You are alcohol or drug dependent.
- You have hepatitis

USE ALCOHOL WISELY

- Alcohol and some prescribed drugs don't mix and can sometimes be fatal. Read labels and ask your doctor before combining the two.
- Know your drinking limit and stick to it.
- Drink slowly.
- After you have one to two drinks with alcohol, drink something alcohol-free.
- Never drink and drive.

ACTION STEP

If you order alcohol when you eat out, ask to have it served with, not before, the meal. Alternate sips of alcohol and water. Designate a sober driver or use a drive service. Buzzed driving is drunk driving.

