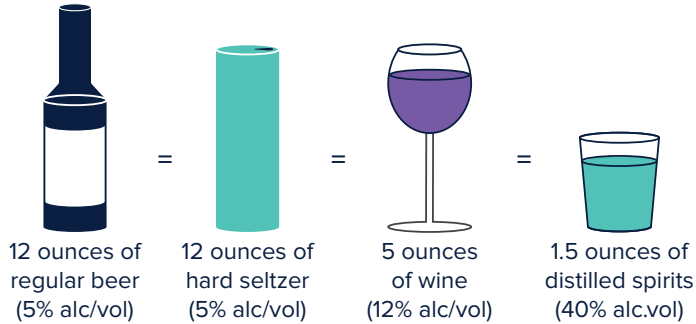


# April is Alcohol Awareness Month

To reduce the risk of alcohol-related harms, adults of legal age can choose not to drink, or to drink in moderation. If you drink alcohol, it's important to be aware of how much you are drinking on the same occasion (i.e., at the same time or within a couple hours of each other). Safer alcohol consumption varies by drink and drinker.

Not all alcohol drinks are created equally.

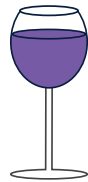
A "standard drink" contains 14 grams of pure alcohol, which is found in:



Women



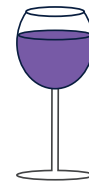
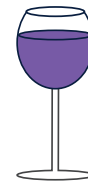
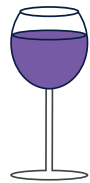
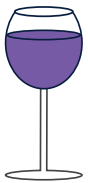
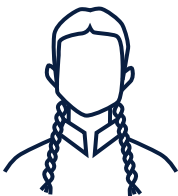
Recommended daily limit



Heavy drinking = 4+ drinks in one day

Binge drinking = 4+ drinks in two hours

Men



Heavy drinking = 5+ drinks in one day

Binge drinking = 5+ drinks in two hours

Piling weekly alcohol consumption into one night = Binge Drinking.

