

Alcohol Safety

No amount of alcohol consumption is considered safe.

Practicing safe drinking can reduce your risk of harm.

If you are over age 21 and choose to consume alcohol, it's important to drink responsibly.

Follow these guidelines to ensure you are acting with safety in mind:

BE MINDFUL WHEN CONSUMING ALCOHOL.

DID YOU KNOW?

The more you consume alcohol, the higher your chance of serious health problems, such as heart disease, stroke and cancer.

- Drink in moderation. Keep track of how much alcohol you are consuming, and skip the drinking games. A standard drink is defined as 12 ounces of beer, 5 ounces of wine or 1.5 ounces of liquor.
- Know your body. The amount of alcohol you can handle depends on your age, weight, sex and how you feel at the time.
- Do not drink on an empty stomach. Have food and water before and while drinking alcohol.

PLAN AHEAD TO AVOID IMPAIRED DRIVING.

DID YOU KNOW?

Safe driving requires focus, coordination, good judgment and quick reaction time. Alcohol impairs the ability to drive safely.

- Never drive under the influence of alcohol or get into a car being driven by someone who is.
- Have a designated driver or plan an alternative way home, such as an Uber/Lyft or public transit.
- Take the night off from drinking. If you know you have to drive home, make the choice to stay sober.

TAKE STEPS TO PREVENT UNDERAGE DRINKING.

DID YOU KNOW?

Teens who drink alcohol at home under the supervision of parents are actually MORE likely to take risks and drink alcohol in other situations.

- Never serve alcohol to individuals under age 21.
- Store your alcohol in a safe place, locked and inaccessible to minors.
- Supervise parties and other gatherings to reduce the chances of underage drinking and other risky behaviors from taking place.

Some people should not drink alcohol at all, including those who are under age 21, are pregnant, have certain medical conditions or are recovering from alcohol use disorder.