

Is your drinking putting your health at risk?

**REDUCE THE RISK
KNOW YOUR LIMITS**

GOOD NIGHT OUT

GET HOME SAFELY

SOCIAL DRINKING

CUTTING DOWN

MOUTH CANCER

DEHYDRATION

ROAD DEATHS

HEAD INJURIES

HANGOVER

ALCOHOL

ACCIDENTAL

FIRE DEATHS

LIVER DISEASE

TAKE CARE

OF YOURSELF

**WEEKLY GUIDELINES
WHAT'S IN A DRINK?**

HOW MUCH IS TOO MUCH?

PLANNING A PREGNANCY

HEART HEALTH

DRINKING AT HOME

PLANNING AHEAD

BLOOD PRESSURE

CALORIES

HARMFUL TO YOUR BABY

COUNTING UNITS

Regularly drinking **more than 14 units a week**, or drinking heavily on one or two days of the week can **increase your risk of serious illness including heart attack, stroke and certain cancers.**

