# WHEN should you say when?



#### Drinking is a personal choice.

If you choose to drink, these guidelines can help you drink responsibly, reduce your health risks and stay in control.

### WHAT a standard drink looks like



HARD LIQUOR (1.5 OZ) REGULAR BEER (12 OZ)

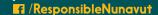
WINE (5 OZ)

Canada's Low-Risk Alcohol Drinking Guidelines were developed by the Canadian Centre on Substance Abuse.



For more information on Canada's Low-Risk Alcohol Drinking Guidelines and other information about alcohol use in your community, please visit







## Canada's Low Risk Alcohol Drinking Guidelines





#### When ZERO is the limit:

DO NOT DRINK WHEN YOU ARE:



taking medicine or other drugs that interact with alcohol



living with mental or physical health problems



pregnant, planning to be pregnant or about to breastfeed



driving a vehicle or using machinery and tools



responsible for the safety of others



doing any kind of dangerous physical activity



living with alcohol dependence



making important decisions