

HOW MUCH IS TOO MUCH?



Women



8 or more drinks a week



4 or more drinks within 2-3 hours

Men



15 or more drinks a week



5 or more drinks within 2-3 hours

Drinking
too much
includes:

Under 21



any alcohol use

Pregnant Women



any
alcohol use

see reverse side for
more information

*Drinking too much is linked with many risks:

- injuries/violence
- heart disease
- cancer
- sexually transmitted diseases
- fertility problems
- unintended pregnancy

*these are risks for both women and men



Information sourced from : www.cdc.gov/vitalsigns/fasd/



ANY alcohol use is too much if you are pregnant.

For a pregnant woman and her developing baby, alcohol exposure can cause:

- fetal alcohol spectrum disorders (FASDs)
- sudden infant death syndrome (SIDS)
- miscarriage
- stillbirth
- prematurity

Make a plan for a healthy baby - don't drink any alcohol if you are pregnant or might be pregnant.

TIME TO PLAN

