

# IF YOU (OR SOMEONE YOU KNOW) ARE DRINKING



## **0 TOLERANCE UNDER 21**

ALSO IF MEDICATED OR PREGNANT

## **1 DRINK PER HOUR**

THAT'S ALL YOUR LIVER REALLY WANTS

## **2 FISTED DRINKING**

ALCOHOL IN ONE HAND, WATER IN THE OTHER

## **3 DRINKS PER DAY**

ANY MORE IS HIGH-RISK DRINKING

IF YOU'RE GOING TO DRINK...

# DRINK TO FEEL GOOD

(NOT SICK OR HUNGOVER OR BLACKED OUT)