

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)