

Drinking Alcohol



Safely



An **Easy Read** Guide



Drinking too much alcohol **all at once** can make you;



- **Dizzy**



- **Sick**



- **Confused**



- More **vulnerable**



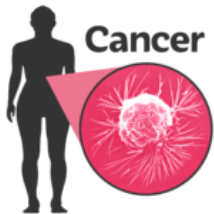
- Make **bad decisions**



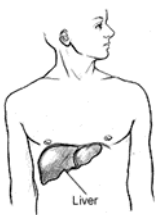
- **Loose** things (like your **phone** or **keys**)



Drinking too much alcohol **all the time** can increase your risk of;



- **Cancer**



- **Liver disease**



- **High Blood pressure**



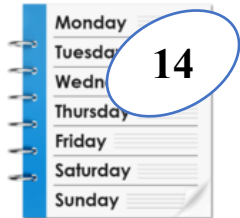
- **Stroke**



- And other **health problems**



The amount of alcohol in a drink is measured in **units**



You should not have more than **14 units** in **1 week**.



1 glass of **wine** has **2** units



1 glass of weak **beer** or **cider** has **2** units



1 shot of **spirit** has **1** unit



You should also have a **few days each week** where you **do not drink** alcohol at all



If you would like **help drinking less**, you can talk to your **Doctor**.



For general advice, contact your **Community Nurse** at ILDS (St Andrew's Court) on **0800 8379 5039**