



How much is too much?

To protect their health, men should not drink more than 4 units in any one day, and women not more than 3 units.

Over the course of a week, men should not drink more than 21 units and women not more than 14 units.

It's important to spread these units throughout the week – you can't "save up" units for the weekend or a party.

www.knowyourlimits.info

These guidelines are for adult drinkers – they do not apply to under 18s, people on medication, pregnant women or older people who should seek further advice from their GP.

Produced by the Health Promotion Agency for Northern Ireland www.healthpromotionagency.org.uk

Health Promotion Agency
NORTHERN IRELAND
DRUGS AND ALCOHOL CAMPAIGN

you don't have to be drunk to be doing real damage

Units in one: [white triangle]
Units in two: [white triangle]
Units in three: [white triangle]
Units in four: [white triangle]

It's important to keep track of your drinking - turn the wheel to find out how many units of alcohol are in your favourite drinks.

Health Promotion Agency