

HOW TO DRINK RESPONSIBLY.

0 - NO ALCOHOL FOR PEOPLE WHO ARE:

- Under 21.
- Operating any type of vehicle or machinery.
- Pregnant, trying to become pregnant or breastfeeding.
- Recovering alcoholics or drug dependant.
- Using certain medications.

1 - NO MORE THAN ONE STANDARD DRINK* PER DAY FOR WOMEN.

*1 standard drink = 12 ounces of beer,
5 ounces of wine or
1.5 ounces of 80-proof distilled spirits.

2 - NO MORE THAN TWO STANDARD DRINKS PER DAY FOR MEN.



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Barry County Substance Abuse Task Force

"Working Together for a Drug Free Community"



THE DOMINO STRATEGY
ON HOW TO DRINK RESPONSIBLY.