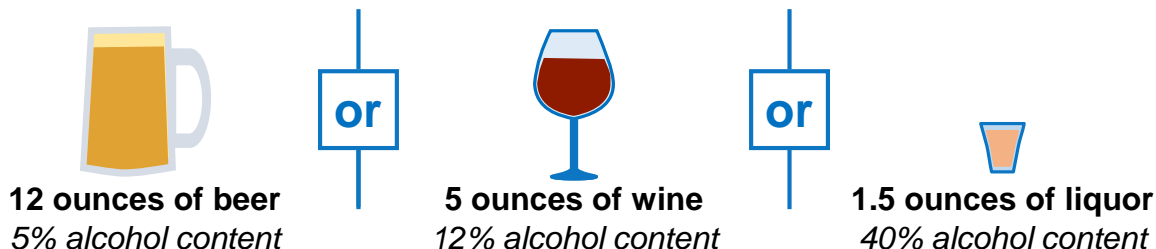


# Think Before You Drink

**Excessive alcohol consumption** is the **third** leading cause of preventable death in the United States. Women should not exceed 1 drink per day and men no more than 2 drinks per day. Pregnant women and people under the age of 21 should never drink alcohol. People who do not drink alcohol should not start drinking for any reason.

## What is considered 1 drink?



## What Is Considered **Excessive Drinking**?



## Dangers of **Excessive Drinking**

**Excessive drinking** is associated with numerous health, relational, and occupational problems and can lead to an alcohol use disorder.

If you or someone you know is struggling,

**THERE IS FREE AND CONFIDENTIAL HELP AVAILABLE 24/7**

specifically for emergency responders:

**CALL**

**1-888-731-3473**

Fire/EMS Helpline



**TEXT**

**“BADGE” to 741741**

Crisis Text Line