

April Alcohol Awareness Month

**HAVE A PLAN WHEN YOU
ARE GOING OUT.**

Did you know?

These are examples of
one standard alcoholic
drink

12 fl oz of
regular beer

=

8–9 fl oz of
malt liquor
(shown in a
12 oz glass)

=

5 fl oz of
table wine

=

1.5 fl oz shot of
80-proof spirits
(whiskey, gin, rum,
vodka, tequila, etc.)



about 5%
alcohol



about 7%
alcohol



about 12%
alcohol



about 40%
alcohol

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

Reach out
First-step
Help is available
aaopensacola.org

Binge Drinking

5 standard drinks within 2 hours for MEN

4 standard drinks within 2 hours for WOMEN

1. Plan ahead for transportation — don't drink and drive!
2. Eat food before and while you drink.
3. Skip a drink now and then and substitute with water.
4. Consider drinking non-alcoholic beverages for the evening.

www.cdac.info

SAMHSA.gov