



Did You Know?

Mixing prescriptions with alcohol or over-the-counter drugs can be dangerous?

- It can cause a drop in heart rate and breathing
- Risk of overdose and death increases

What to expect when cutting back or quitting drinking alcohol:

- Change takes time
- You may have some withdrawal symptoms
- You will need support

You don't have to do this alone:

- Your doctor or behavioral health specialist can help you set up a plan
- Contact your doctor if you are having any medical concerns

How can I learn more?

Visit this helpful website:
www.drugabuse.gov

Something to try:

Community Resources:

Behavioral Specialist:

Name _____

Contact _____

Name _____

Contact _____

Useful Websites/Literature:

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We Ask Everyone About Alcohol



The Illinois SBIRT Initiative
Screening, Brief Intervention,
and Referral to Treatment

What is considered one drink?

One drink, or one standard drink is the same as a 12 ounce beer, 1.5 ounces of liquor, or a 5 ounce glass of wine.



If you drink alcohol, follow this chart to drink at low risk levels. If you drink more than these amounts, you risk developing problems due to alcohol risk

MEN

No more than 4 drinks per day

No more than 14 drinks per week

WOMEN

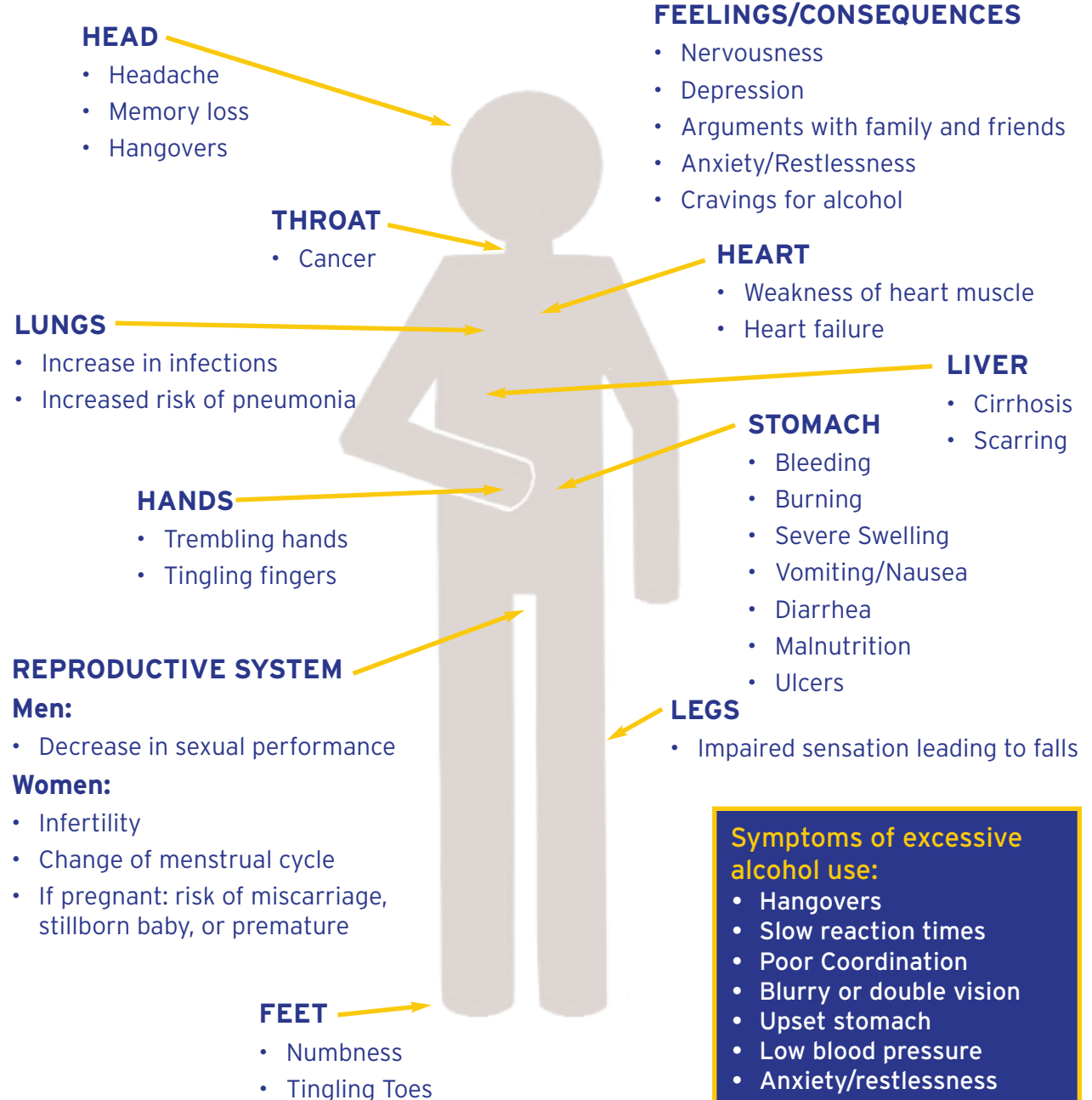
No more than 3 drinks per day

No more than 7 drinks per week

Some people should not drink at all, including:

- Women who are pregnant
- People who plan to drive or engage in activities that require alertness and skill
- People taking certain medications
- People with certain medical conditions
- Recovering Alcoholics
- Anyone under the age of 21

Effects of Alcohol



Symptoms of excessive alcohol use:

- Hangovers
- Slow reaction times
- Poor Coordination
- Blurry or double vision
- Upset stomach
- Low blood pressure
- Anxiety/restlessness
- Memory loss
- Overdose, coma, or death