Know the low-risk drinking limits:

- For healthy men ages 21-65: no more than 4 drinks on any single day and no more than 14 drinks per week.
- For healthy women ages 21+ and healthy men 65+: no more than 3 drinks on any single day and no more than 7 drinks per week.

For some people, any drinking at all is risky:
- Women who are pregnant or might become pregnant
- Individuals who are aged 21 and under
- Individuals suffering from chronic medical conditions that may be worsened by alcohol (i.e. hypertension, diabetes, liver disease)
- Individuals suffering from mental illness (i.e. depression, anxiety)
- Individuals taking prescription or over-the-counter medications that may interact with alcohol

For confidential, 24/7 support and referrals, call the toll-free OASAS HOPEline at 1-877-846-7369 or visit oasas.ny.gov for more information.
When under the influence of alcohol our motor skills and judgment become impaired, making simple tasks difficult to perform and giving way to dangerous behavior that can lead to harm.

**Driving under the influence** can cause motor vehicle crashes or pedestrian injuries.

**Engaging in unprotected sex** can result in unintended pregnancy or sexually transmitted diseases.

Inability to control emotions can lead to domestic and sexual assaults as well as property crimes and homicide/suicide.

Impaired motor skills may cause accidental injuries like falls and drowning or firearm mishaps.

**Binge drinking** can lead to alcohol poisoning or death.

**Knowing is the Way**

You don’t have to have an alcohol use disorder in order to experience some negative consequences as a result of your drinking. Knowing the amount of alcohol you consume and the effects of alcohol use gives you the power to make an informed decision. Have a conversation with your doctor today and see how alcohol could be affecting your health.

**Know the effects of risky and binge drinking**

- Only you can decide the role that alcohol plays in your life. But it is important to understand the low-risk drinking levels and the risks associated with excessive drinking before making that decision.

- When under the influence of alcohol our motor skills and judgment become impaired, making simple tasks difficult to perform and giving way to dangerous behavior that can lead to harm.

- **Driving under the influence** can cause motor vehicle crashes or pedestrian injuries.

- **Engaging in unprotected sex** can result in unintended pregnancy or sexually transmitted diseases.

- Inability to control emotions can lead to domestic and sexual assaults as well as property crimes and homicide/suicide.

- Impaired motor skills may cause accidental injuries like falls and drowning or firearm mishaps.

- **Binge drinking** can lead to alcohol poisoning or death.

- **Knowing is the Way**

- You don’t have to have an alcohol use disorder in order to experience some negative consequences as a result of your drinking. Knowing the amount of alcohol you consume and the effects of alcohol use gives you the power to make an informed decision. Have a conversation with your doctor today and see how alcohol could be affecting your health.