HOW MUCH IS TOO MUCH?

Drinking too much includes:

**Women**
- 8 or more drinks a week
- 4 or more drinks within 2-3 hours

**Men**
- 15 or more drinks a week
- 5 or more drinks within 2-3 hours

**Under 21**
- Any alcohol use

**Pregnant Women**
- Any alcohol use
  
  See reverse side for more information

*Drinking too much is linked with many risks:*

- Injuries/violence
- Heart disease
- Cancer
- Sexually transmitted diseases
- Fertility problems
- Unintended pregnancy

*These are risks for both women and men

Information sourced from: www.cdc.gov/vitalsigns/fasd/