If you are **over the age of 21** and choose to drink alcoholic beverages, do so in a way that is safe for you and for others. The following is recommended:

**Women** = No more than 1 standard drink per day

**Men** = No more than 2 standard drinks per day

**Know the FACTS**
Drinking too much can cause serious health and safety problems.

**Know Your RESOURCES**
- For more information, **talk with your care team.**
- To locate a substance abuse treatment facility call: **1-800-HELP (4357)**
- For more resources and parenting tips visit the website: **www.preventionlane.org**