

## What's the alcohol percentage in a standard drink?

5%



12 fluid ounces of regular beer

7%



8-9 fluid ounces of malt liquor

12%



5 fluid ounces of table wine

24%



2-3 fluid ounces of cordial or liqueur

40%



1.5 fluid ounces of brandy or cognac

40%



1.5 fluid ounces of 80-proof distilled spirits or liquor



### FACT

Five or more standard drinks for men and four or more standard drinks for women on a single occasion is considered binge drinking. Binge drinking is associated with chronic diseases such as high blood pressure, stroke, heart disease, and liver disease.

Source: Centers for Disease Control and Prevention

## Let's #MentionPrevention

Visit [alcoholscreening.org](https://alcoholscreening.org) to learn about the severity and risk level of your alcohol use.

### Find information on treatment.

CT Department of Mental Health and Addiction Services

 [ct.gov/dmhas](https://ct.gov/dmhas)

 1-800-563-4086 (24/7 treatment access line)

National Institute on Alcohol Abuse and Alcoholism

 [alcohol.treatment.niaaa.nih.gov](https://alcohol.treatment.niaaa.nih.gov)

Substance Abuse and Mental Health Services Administration

 [findtreatment.gov](https://findtreatment.gov)

Access a free alcohol misuse prevention toolkit at [drugfreect.org](https://drugfreect.org)

#### FUNDING STATEMENT

This publication is funded by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Prevention, through the CT Department of Mental Health and Addiction Services (DMHAS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Substance Abuse and Mental Health Services Administration.



# Healthy communication builds healthy communities



Talk with your friends and family about the risks of alcohol and COVID-19

# COVID-19 has been tough on all of us.



## Drinking alcohol can make it even tougher.

Alcohol use affects the health of people of all ages. It creates health risks on its own and can make existing conditions worse.

Even small amounts of alcohol can be harmful to your health. The best way to avoid the risks associated with alcohol is to avoid drinking.



**Here's how we can all stay safe and make healthy choices.**

### **Talk with your friends and family.**

Explain the risks of alcohol use. It can:

- › Worsen lung damage and injury.
- › Lower your immune response to viruses.
- › Increase inflammation in the body.
- › Alter your thoughts, judgement, and decision making.

Source: National Institute on Alcohol Abuse and Alcoholism

### **Role model positive behavior.**

Most teens say their parents are the main influence on their decisions about drinking alcohol. Make sure you:

- › Store alcohol safely and lock it up.
- › Do not supply alcohol to young people.
- › Set clear rules around the use of alcohol.

 **Let's**   
**#MentionPrevention**

### **Practice healthy habits to cope with stress.**

Drinking is NOT a healthy coping strategy.

You should:

- › Always avoid or limit alcohol use.
- › Exercise regularly.
- › Drink water.
- › Get plenty of sleep.



### **Make sure you know the facts.**

During the pandemic, get the right facts so you can make healthy choices. Alcohol use DOES NOT:\*

- › Kill any variant of COVID-19.
- › Reduce your chance of getting COVID-19.
- › Improve your immune system health.

Source: World Health Organization