

# Alcohol

A Product of the  
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Mt. Morris, NY 14510

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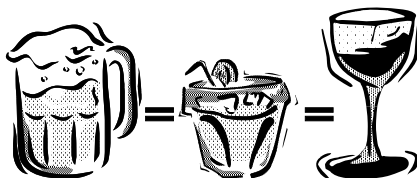


## Alcohol

Many Americans enjoy a drink of alcohol. It is often part of parties and good times. For most, it causes no problems. But for many others, it is dangerous. What is it about alcohol that causes problems?

## Alcohol facts

- Alcohol is a depressant drug. It slows the brain and body.
- It can affect you in minutes. Blood carries alcohol quickly to all parts of your body, even your brain.
- The amount of alcohol in your body is known as the blood alcohol level. This level is affected by how fast a person drinks. The faster the person drinks, the higher the level.
- Your weight also makes a difference. A smaller person will have a higher blood alcohol level than a larger person with the same amount of alcohol.
- Your sex makes a difference. Women are affected more than men by the same amount of alcohol.
- A drink is a drink. A can of beer has the same amount of alcohol as a glass of wine or a mixed drink.



Becoming sober takes time. One drink stays in the body for about an hour and a half. If you drink too much, a cold shower and coffee may make you feel better, but only time will get rid of the alcohol.

## Alcohol misuse

Misuse of alcohol causes many problems.

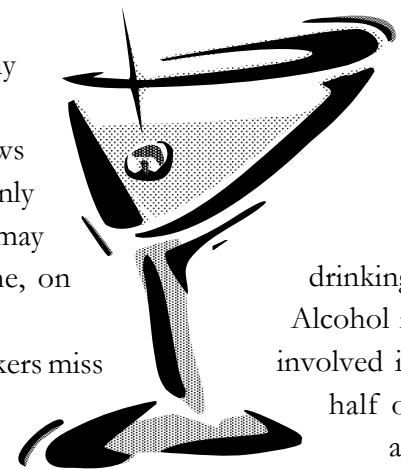
- Accidents – alcohol slows the mind and body after only two drinks. The drinker may have an accident at home, on the job or anywhere.
- Loss of work – many drinkers miss work days.
- Alcoholism – some drinkers lose control of their drinking. They depend on alcohol. Their drinking often causes them problems with family, friends and co-workers.

## If you drink ...

- Eat before and after you drink. Food can slow the effects of alcohol.
- Space your drinks.
- Don't let drinking be a contest. You don't have to keep up. You can say, "No, thanks."

## Be very careful

If you are driving, **don't drink**. Don't ride with someone who has been



drinking.  
Alcohol is  
involved in  
half of  
all  
traffic deaths.

If you are pregnant, **don't drink alcohol of any kind**. Drinking during pregnancy can cause your baby to have birth defects. **Even a little alcohol** can hurt your baby.

## For drinking problems

You can call the toll free alcohol hotline,  
1-800-821-4357 ■