

Keep the cap



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LET'S BE AWARE
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Remember:

...you don't need to drink the whole bottle at one time. Drinking too much alcohol at one time is called binge drinking and can be harmful to you and others around you.



**HAVE NO MORE THAN
2 DRINKS IN ANY
3-HOUR PERIOD.**

For women



No more than
2 drinks
a day

No more than
10 drinks
in a week

For men



No more than
3 drinks
a day

No more than
15 drinks
in a week



Reduce the harm caused by drinking too much alcohol and follow Canada's Low-Risk Alcohol Drinking Guidelines. Keep the cap to save your alcohol and enjoy it another time.



Tips to reduce your risk and stay safe when drinking



Limit your drinks to the low risk alcohol drinking guidelines.



Track how much you drink and stop drinking before you feel drunk.



Switch to water or non-alcoholic drinks in between alcoholic drinks.



Eat before and while you are drinking.



Do not drink when you are using machinery or tools, or if you are out on the land.



Do not mix alcohol with medications or drugs.



Stick with your friends or family and do not wander off alone.



Watch out for friends and family to help keep them safe.



Do not drink and drive a vehicle (car, boat, snowmobile, ATV), and do not ride with someone who has been drinking.



Be safe: call a cab or call a friend to pick you up or bring you home. If you have to walk, do not walk alone.



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For more information on how to stay safe while drinking or reduce the amount you drink, please visit

www.ujjisuqta.ca
www.ResponsibleNunavut.ca
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