

WHEN should you say when?



Drinking is a personal choice.

If you choose to drink, these guidelines can help you drink responsibly, reduce your health risks and stay in control.

WHAT a standard drink looks like



1

HARD LIQUOR
(1.5 OZ)

1

REGULAR BEER
(12 OZ)

1

WINE
(5 OZ)

Canada's Low-Risk Alcohol Drinking Guidelines were developed by the Canadian Centre on Substance Abuse.



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AYONS LES IDÉES CLAIRES

For more information on Canada's Low-Risk Alcohol Drinking Guidelines and other information about alcohol use in your community, please visit

www.ujjiquqta.ca
www.ResponsibleNunavut.ca
/ResponsibleNunavut



Canada's Low Risk Alcohol Drinking Guidelines



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Your Limits...

3

A DAY
FOR MEN

2

A DAY
FOR WOMEN

MAXIMUM OF
5 DAYS A WEEK

When ZERO is the limit:

DO NOT DRINK WHEN YOU ARE:



taking medicine or
other drugs that
interact with alcohol



driving a vehicle
or using machinery
and tools



doing any kind
of dangerous
physical activity



living with mental
or physical health
problems



living with alcohol
dependence



pregnant, planning to
be pregnant or about
to breastfeed



responsible for the
safety of others



making important
decisions