

Do you drink alcohol?



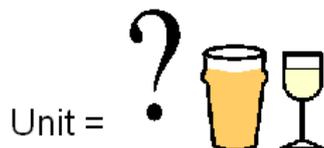
Too much alcohol is bad for your health



If you are on medication it can be bad for you to drink alcohol



The word unit is used to say how much alcohol is in a drink



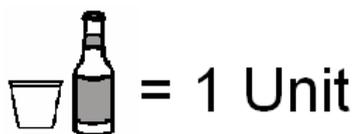
There are 2 units of alcohol in a glass of wine



There are 2.5 units of alcohol in a pint of beer



There is 1 unit of alcohol in a glass of spirits (gin, vodka, whisky)



Do not drink more than the safe amount of units a day



The safe amount of alcohol for a man is 4 units a day = 1 ½ pints



The safe amount of alcohol for a woman is 3 units a day = 1 ½ glasses



Try to have 2 days a week when you do not drink alcohol



**healthpoint**  
WALK IN FOR INFORMATION

**healthline** 0500 20 20 30  
CALL FREE FOR INFORMATION



If you need more help with alcohol:



You can phone the free Healthline on  
0500 20 20 30

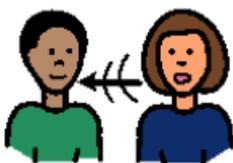


Or go to your local Healthpoint:

**Aberdeen Market, Monday - Saturday,  
10.00am - 4.00pm**

**ARI Concourse, Monday - Friday,  
10.00am - 4.00pm**

**1-3 Kirk St Peterhead, Tuesday - Friday  
11.00am - 3.00pm**



Healthpoint is a place where you can get free  
advice and information about your health