

Health Education Alliance of Maine n collaboration with Massachusetts General Hospital



It's Time to Talk-Is There a Safe Amount of **Alcohol to Drink?**

Drinking alcohol can cause health risks. Find out how it can affect you.

You should not drink any alcohol if you:

- 🛞 Are pregnant
- 🛞 Are under the age of 21
- × Take medication that interacts with alcohol
- × Are recovering from an alcohol use disorder, or cannot control how much you drink
- × Have a medical condition that is made worse by alcohol



There is no safe amount of alcohol to drink. Even small amounts are risky.

Drinking alcohol can cause serious health problems.

- () Cancer
- () Death

(!) Heart disease

(!) Stroke U Liver disease



Many Mainers said the Covid-19 pandemic caused an increase in stress, isolation, and alcohol use.



If you feel this way, you can talk to your health care provider for help.

A national study found 32% of participants reported binge drinking during Covid-19 stay-at-home orders.¹

17.9% of Mainers report binge drinking within the last month.²

1,265 crashes that involved drivers impaired from In 2020 there were

🛄 19,592

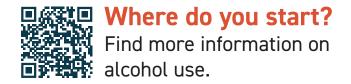
alcohol-related emergency department

2,471 EMS responses related to alcohol, nearly a 60%

alcohol and/or drugs.³

visits in Maine.⁴

increase since 2010.⁵





Time to Ask is an education program in Maine that helps health care teams talk to individuals about alcohol use. Learn more at www.lunderdineen.org/program/alcohol-use-time-to-ask/



Sources: 1. International Journal of Environmental Research and Public Health 2. Maine Etate Epidemiological Outcomes Workgroup 3. Maine Department of Transportation 4. CDC Syndromic Surveillance System 5. Maine Emergency Medical Services