



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
- ⚠ Stroke
- ⚠ Liver disease
- ⚠ Heart disease
- ⚠ Death



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

In 2020 there were

1,265

crashes that involved drivers impaired from alcohol and/or drugs.³

19,592

alcohol-related emergency department visits in Maine.⁴

2,471

EMS responses related to alcohol, nearly a 60% increase since 2010.⁵



Where do you start?
Find more information on alcohol use.



Alcohol and Your Health: What are the Risks?

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/

