

WOMEN AND ALCOHOL ...

*What EVERYONE
should know*

Women & Alcohol

A hangover is the least of your worries... knowing the risks related to alcohol and how to reduce those risks will help you make a more informed choice about your drinking.

Alcohol & Pregnancy

Because there is no 100% safe level of alcohol use during pregnancy, it's recommended that women who are pregnant or trying to get pregnant avoid drinking alcohol.

All women visiting the Birth Control Clinic will be asked questions about their alcohol use.

While you are waiting to speak to a staff person, ask yourself these 3 questions:

1. How much alcohol do you drink in a day? How much in a week?
2. Do you ever have 4 or more drinks on one occasion?
3. Do you ever think about cutting down your alcohol use or quitting altogether?

**FOR MORE
INFORMATION CONTACT:**

The Clinic
(519) 663-5446

Health Connection
(519) 663-5317 ext. 2280



Call the Health Unit,
Monday to Friday, 8:30 a.m. to 4:30 p.m.
for all the answers you need.

ML
BUREAU DE SANTÉ DE
MIDDLESEX-LONDON
HEALTH UNIT
www.healthunit.com