If You Are Not Planning to Get Pregnant…

Take care of yourself—avoid risky drinking

- Keep your drinking at no more than 7 drinks a week and no more than 3 drinks at any one time. Any more than this is risky drinking.
- All types of alcohol—even wine, wine coolers, and beer—count as drinks. Look at your health provider's chart of standard drinks—it may surprise you.
- Be a smart drinker. A woman's body is not able to tolerate as much alcohol as a man's. Keeping up with the guys is not smart drinking.
- When you drink at risky levels, you increase the chance of being injured, getting a sexually transmitted disease, having an unplanned pregnancy, or being physically abused.

If you drink at risky levels

- If you are unable to drink below risky levels, use effective birth control *every* time you have sex to avoid getting pregnant.
- Other helpful tips…
  - Limit your visits to risky places like bars and clubs.
  - At a party, stay away from the keg or drinks table.
  - Stay close to friends who don't drink at risky levels.
  - If you smoke, quit. Cigarettes increase your craving to drink.
- If you think you need more help, talk to your health care provider, or get in touch with a drinking specialist. You can find one online at: http://dasis3.samhsa.gov.

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