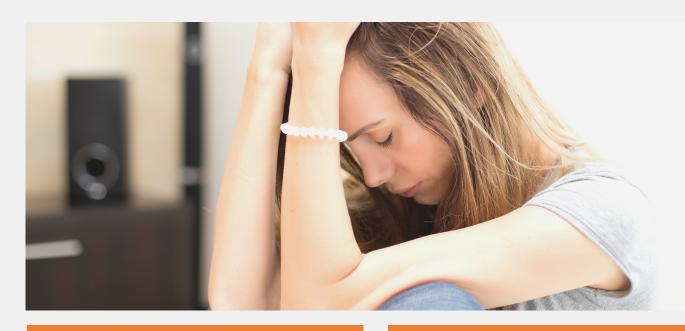
Alcohol Awareness Week 2020

16th - 22nd November 2020



MYTHS & FACTS

ON ALCOHOL CONSUMPTION



MYTHS:

- Drinking is always safe in moderation.
- Wine & beer will not get you as drunk as spirits.
- You can sober up quickly with a cup of coffee.
- 🔀 Throwing up sobers you up.
- × Alcohol is not a drug.
- > Drinking isn't a problem as long as you can hold your liquor.
- It's okay to get drunk once a week.

FACTS:

- Alcohol is carried through every organ in your body.
- Tolerance is a warning sign, not a stamp of approval to drink more.
- Alcohol over time can lead to:

High blood pressure
heart disease
Stroke
Liver Disease
Digestive problems
Breast cancer
Oesophagus cancer
Throat cancer
Mouth cancer