**LOWER RISK DRINK LIMITS**

<table>
<thead>
<tr>
<th></th>
<th>OCCASION</th>
<th>WEEKLY</th>
</tr>
</thead>
<tbody>
<tr>
<td>WOMEN</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>MEN</td>
<td>4</td>
<td>14</td>
</tr>
<tr>
<td>OVER 65</td>
<td>3</td>
<td>7</td>
</tr>
</tbody>
</table>

**LOW RISK**

- It’s safest to avoid alcohol if you are:
  - Taking medications that interact with alcohol
  - Have a health condition made worse by drinking
  - Underage
  - Planning to drive a vehicle or operate machinery
  - Pregnant or trying to become pregnant

**A STANDARD DRINK**

ANY DRINK CONTAINING ABOUT 14 GRAMS OF ALCOHOL

- A standard drink is any drink containing about 14 grams of alcohol.

**HOW READY ARE YOU?**

- NOT AT ALL
- SOMEWHAT
- EXTREMELY

**HOW CONFIDENT ARE YOU?**

- NOT AT ALL
- SOMEWHAT
- EXTREMELY

**HOW IMPORTANT IS IT TO YOU?**

- NOT AT ALL
- SOMEWHAT
- EXTREMELY
This guide can be used for other risky behaviors, such as tobacco or illicit drug use.