

# WE ASK EVERYONE.

Les preguntamos a todos.



Tobacco, drugs and alcohol affect your health. To provide you the best care possible, we need to ask about them. So we ask - everyone. The conversation can also start with you. We are here to help!

Fumar, consumir drogas y alcohol afectan a su salud. Para poder darle la mayor atención posible, tenemos que preguntar sobre ellos. Así que les preguntamos a todos. La conversación también puede comenzar con usted. ¡Estamos aquí para ayudar!



**RI SBIRT**

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# LOWER RISK DRINK LIMITS

Less is better.



12 oz. Beer



5 oz. Wine



1.5 oz Liquor

	Per Day	Per Week
Women	3	7
Men	4	14
Men (over 65)	3	7

**AVOID ALCOHOL IF YOU:**

Take medications that interact with alcohol; Have a health condition made worse by alcohol; Plan to drive a vehicle or operate machinery; Are under 21 years of age; Are pregnant or trying to become pregnant

**WHAT IS A STANDARD DRINK?**

Any drink that contains about 14 grams of alcohol.

