

NI ALCOHOL AWARENESS WEEK

You may actually still be at risk of **'drink-driving'** if you get behind the wheel **'the morning after the night before'** – read on to find out more:

It takes 1 hour per unit to process in your body

Alcohol slows down your reaction times and makes judging distance and speed more difficult

Penalties for drink driving: 6 months imprisonment, a fine or banned for at least 12 months

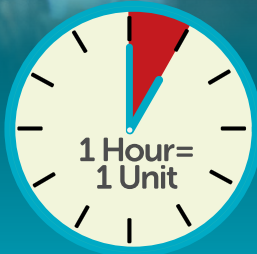
If you get penalty points your car insurance costs may go up and if you lose your licence your independence will be affected and it could have an impact on your job/job and travel prospects



Had a few drinks with friends



around 10 units...



Go to Sleep 12-7am (7 hours)



You might still be over the limit



Find out more at www.drugsandalcoholni.info

UNDERSTAND YOUR UNITS



Pint of premium beer (5%)
= 2.8 units



Pint of cider (5%)
= 2.8 units



Alcopop 275ml (4%)
= 1.4 units



Can of beer 330ml (4%)
= 1.7 units



Gin / Vodka / Rum
35ml (37.5%)
= 1.3 units



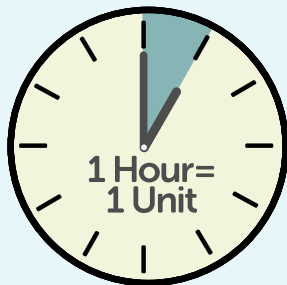
Spirits 1 litre
(37.5%)
= 37 units



Small bottle of wine
187.5ml (12%)
= 2.3 units



Bottle of wine 750ml
(12%)
= 9.2 units



(Start counting once
you finish drinking)

It takes
on average,
one hour
for your
body to clear
**1 unit of
alcohol**

You Shouldn't
Drink More Than
14
Alcohol Units
Per Week



It's best to
spread
evenly over 3
days or more

If you wish to cut down, have several drink free days each week

It takes a lot longer than most people think for alcohol to pass through their body.

On average it takes around one hour per unit of alcohol, though this can vary depending on a number of factors like your weight, age, sex, metabolism, how much you ate, if you are taking medication or the strength of the alcohol.

Don't drink anything if you are driving' and 'don't drink heavily if you have to drive the following morning'



Download our FREE 'Know Your Units' app or visit our website

Find out more at www.drugsandalcoholni.info