Since April is Alcohol Awareness Month, it is a great opportunity to raise awareness of alcohol abuse and encourage people to make healthy, safe choices.

Warning Signs of Alcohol Abuse
If you answer "yes" to any of the following questions, you may have problem with alcohol:
- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?

Strategies to Cut Back or Quit Drinking
There are many strategies you can try to cut back or quit drinking.
- Keep track of your drinking and set a drinking limit.
- Try to avoid places where heavy drinking occurs.
- Ask for help from a doctor, family, or friends.

Set a Drinking Goal
Women: No more than one drink a day
Men: No more than two drinks a day

A Drink Is:
12-ounce bottle of beer;
5-ounce glass of wine; or
1 1/2-ounce shot of liquor.

For additional information, go to: http://www.cdc.gov/alcohol/faqs.htm