

# Tips for a Christmas to remember

- Avoid drinking on an empty stomach
  - Pace yourself, there's no rush – drink slowly
  - Don't leave yourself vulnerable – plan your journey home
  - Drink plenty of water to rehydrate
- The government's daily guideline is 2-3 units for women and 3-4 units for men
  - For women that's a 175ml glass of wine or 3 single vodkas
  - For men that's 2 pints of standard beer or 4 single vodkas
  - Worried? Call Drinkline free on 0800 917 8282 for help and advice (open 24 hours).
  - Visit [www.drinkaware.co.uk](http://www.drinkaware.co.uk) for more information on the effects of alcohol

**GOVERNMENT GUIDELINES**

SHOULD NOT REGULARLY EXCEED	
MEN	WOMEN
<b>3-4</b>	<b>2-3</b>
UNITS DAILY	UNITS DAILY

