



# All about alcohol units

Hertfordshire



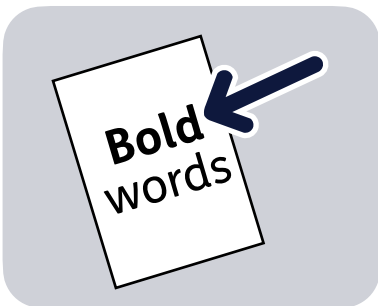
# Easy Read



This is an Easy Read version of some hard information. It may not include all of the information but will tell you about the important parts.



This Easy Read information uses easier words and pictures. You may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker.



These are words that some people will find hard. When you see a bold word, we will explain it in the next sentence.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

# What is in this booklet

|  |    |
|--|----|
| About this booklet.....                        | 4  |
| How much alcohol can I drink?.....             | 5  |
| What does 14 units of alcohol look like? ..... | 7  |
| How alcohol affects your body.....             | 9  |
| Take care of yourself .....                    | 11 |
| Get support to drink less .....                | 14 |

# About this booklet



This information is from Hertfordshire County Council.



It is about **alcohol units** and how much people should drink to stay healthy.



**Alcohol units** are a measure of how much alcohol is in each drink.

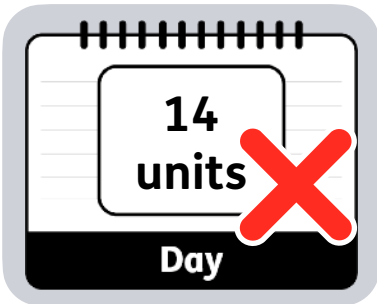


Adults should not drink more than 14 units of alcohol per week.

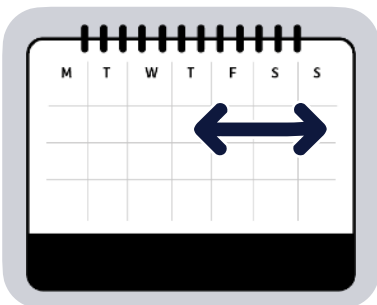
# How much alcohol can I drink?



The NHS says that you should try not to drink more than 14 units of alcohol a week.



You should not drink this much all on the same day.



If you drink this much, you should drink it over 3 or more days.



There is no amount of alcohol that is completely safe for your health.

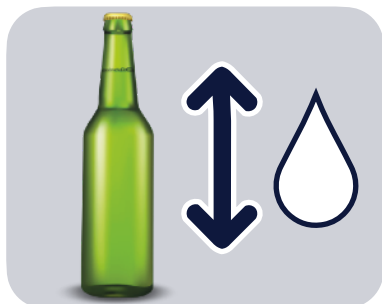


But drinking 14 units or less will lower the risk of harming your health.

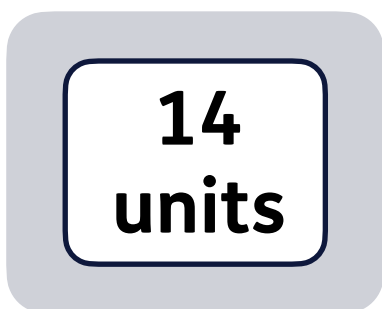


It can be fun to drink alcohol but it is important to think about how much you are drinking.

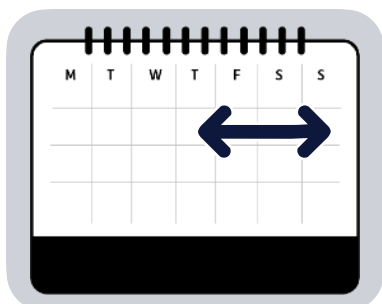
# What does 14 units of alcohol look like?



The number of units in each drink depends on how much alcohol there is in it.



Here are some examples of what 14 units of alcohol might be.



Remember that this should be the total that is drunk over 3 or more days.



There are 14 units of alcohol in:

- 6 pints of lager.



- 6 large cans of beer.



There are also 14 units of alcohol in:

- 7 large cans of cider.



- 7 double (50ml) measures of spirits, like whiskey, vodka or gin.



- 6 medium (175ml) glasses of prosecco.



You can work out how many units you drink and get advice about healthy choices on this website:

[www.doesyourdrinkingaddup.co.uk](http://www.doesyourdrinkingaddup.co.uk)

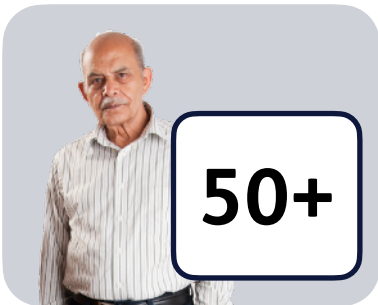


You can also scan this QR code with your mobile phone to get to the website.

# How alcohol affects your body



Drinking too much alcohol can have bad effects on your health.



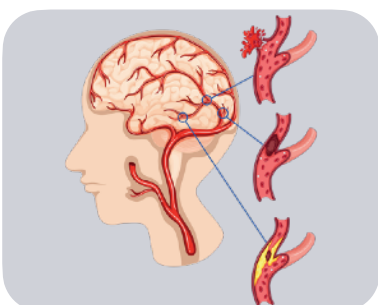
If you are over 50 it could mean you are more likely to have:



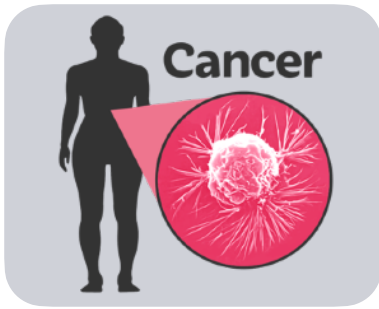
- High blood pressure - this is when your heart needs to work harder to pump blood around your body.



- Heart disease.



- A stroke.



Drinking too much if you are over 50 could also mean you are more likely to have cancer.



Drinking too much can also lead to you getting hurt.



3 out of every 10 deaths because of a fall involve alcohol.



Drinking before bed can mean you do not sleep well or cannot sleep.



Some people drink because they are stressed but alcohol could make stress worse.

# Take care of yourself



Taking care of yourself will help you to take better care of others.



Here are some ways that you can take care of yourself:

- Eat healthy food and move your body or do some exercise.



- Make time to do activities that you enjoy and make you feel good.



- Spend time having fun with your loved ones without anything distracting you.



- Talk about your worries to other people.



Lowering how much you drink can help you live a better life.

Drinking less alcohol can:



- Give you more energy.



- Save you money.



- Make your relationships with your friends and family better.



- Make you less stressed.

Drinking less alcohol can also:



- Give you a better night's sleep.



- Keep you healthy as you get older.



People who drink 14 units or less per week live 10 years longer on average.

# Get support to drink less



Do you want to lower how much you drink but you do not know where to start?

There are lots of ways to lower how much you drink, like:



- Switching to a non-alcoholic beer or mocktail - this is a cocktail without any alcohol in it.



- Drinking a soft drink, like juice.



- Doing activities that do not involve drinking alcohol, like walking or going for a coffee.

# Where to get support



You can get support from professionals to lower how much alcohol you drink.



You can find help and advice at the Alcohol Telecoms service by going to this website:

[www.doesyourdrinkingaddup.co.uk](http://www.doesyourdrinkingaddup.co.uk)

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