

ALCOHOL FACTS

February 2019

SUBSTANCE USE FOCUS
SNAPSHOT

ALCOHOL IS THE INTOXICATING INGREDIENT FOUND IN BEER, WINE AND LIQUOR. IT IS PRODUCED BY THE FERMENTATION OF YEAST, SUGARS AND STARCHES. INDIVIDUAL REACTIONS TO ALCOHOL VARY FROM PERSON TO PERSON.

STANDARD DRINKS

A STANDARD DRINK IS EQUAL TO
0.6 OZ OR 1.77 ML OF PURE ALCOHOL



PROCESSING ALCOHOL



IT TAKES 60 MINUTES FOR
YOUR BODY TO PROCESS
1 OZ OF ALCOHOL

AM I A BINGE DRINKER?

BINGE DRINKING IS DEFINED
AS THE CONSUMPTION OF
AN EXCESSIVE AMOUNT OF
ALCOHOL (FIVE OR MORE
DRINKS) IN A SHORT PERIOD
OF TIME.



THE LEGAL AGE IN B.C. FOR ALCOHOL AND CANNABIS CONSUMPTION IS 19 YEARS OF AGE

#Get the FACTS

TRUE OR FALSE?

- If alcohol is served at a party, a host is not accountable for any harm guests may experience after leaving the premises.
- It is legal for a parent or guardian to serve alcohol in their home to minors who are not their children.
- Severe confusion, vomiting, seizures, blue colour to skin, passing out repeatedly are all signs of alcohol poisoning.



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monthly
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