

# COPPER CORRIDOR SUBSTANCE ABUSE COALITION PRESENTS

## ALCOHOL AWARENESS MONTH!

### WHAT IS BINGE-DRINKING?

The Substance Abuse and Mental Health Services Administration (SAMHSA), defines binge drinking as 5 or more alcoholic drinks for males or 4 or more alcoholic drinks for females on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past month. In 2015, 25 percent of people ages 18 or older reported that they engaged in binge drinking in the past month;



### WHY IS THIS IMPORTANT DURING COVID-19 PANDEMIC?

Acute binge drinking can also compromise your immune system. Practicing low-risk and responsible drinking is especially important during the COVID-19 pandemic. In times like these, the body needs to function at its highest levels in order to fight off the symptoms and decrease the potential harm of COVID-19

### Are You a Moderate Drinker?

Minimize the health risks alcohol can cause.  
Follow the USDA guidelines for moderate drinking:



#### WOMEN

Up to 1 drink  
per day



#### MEN

Up to 2 drinks  
per day



[WWW.AZYP.ORG](http://WWW.AZYP.ORG)



COPPER CORRIDOR  
COMMUNITY  
SUBSTANCE ABUSE  
COALITION



COPPER CORRIDOR  
COALITION

DARIEN MATHEWS  
COALITION  
COORDINATOR  
(310)926-4764  
[DARIEN@AZYP.ORG](mailto:DARIEN@AZYP.ORG)