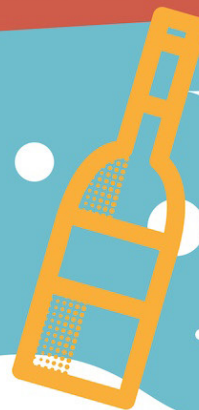




RETHINK

YOUR DRINK

THIS CHRISTMAS



Keep Safe this Christmas

Don't drink more than 14 units of alcohol per week.

Keep hydrated and drink plenty of water.

Don't let alcohol spoil a good night in, take it easy when pouring home measures.

Useful websites:

www.nhs.uk/Livewell/alcohol

<https://count14.scot/>

www.nhsinform.scot/covid-19-alcohol-advice