



RETHINK

YOUR DRINK

THIS CHRISTMAS



Keep Safe this Christmas

Pregnant?

The safest approach is not to drink alcohol.

Don't mix alcohol with medications.

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

Useful websites:

www.nhs.uk/Livewell/alcohol

<https://count14.scot/>

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