

YOU CALL THE SHOTS!

ZERO



0 ALCOHOL Especially if you are sick, using medications or other drugs, pregnant, under 21, chemically dependent, driving, or have a strong family history of alcoholism.

ONE



1 DRINK PER HOUR Your body can only metabolize one average drink per hour.

THREE



NO MORE THAN 3 DRINKS ON ANY DAY & NEVER 3 DRINKS DAILY

One average drink is 1 oz. 100 proof liquor, a 12 oz. beer, or a 4-5 oz. glass of wine.

Reduce your legal, impairment and health risks related to alcohol, **follow 0-1-3!**