

LOW RISK DRINKING GUIDELINES LRDG



**Five Hills
Health Region**

Healthy People – Healthy Communities

When Zero's the Limit

- Do not drink when you are
 - Driving a vehicle or using machinery and tools
- Taking medicine or other drugs that interact with alcohol
 - Doing any kind of dangerous physical activity
 - Living with mental or physical health problems
 - Living with alcohol or physical health problems
 - Living with alcohol dependence
 - Pregnant or planning to be pregnant
 - Responsible for the safety of others
 - Making important decisions.

[Click here](#) for more information from the Canadian Centre of Substance Abuse LRDG.