

DON'T GET LOCKED IN

During social distancing, several countries are reporting an increase in home drinking.

The UK Chief Medical Officers' guidelines for both men and women say that:

- you are safest not to drink more than 14 units a week, to keep your risks from alcohol to a low level;
- if you do drink as much as 14 units per week, it is best to spread this evenly over three days or more;
- if you are pregnant or think you could become pregnant, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum.



Make your health and home life a priority by following these tips..



Choose Alcohol Free Days

Plan at least two or three alcohol free days during your week. The more alcohol free days the better!



Don't Stockpile

Don't stockpile alcohol in your home – plan your weekly shop. Only buy as much as you have decided you want to drink during the week. Opt for low-alcohol or no-alcohol choices.



Keep it Late

It can be tempting to drink earlier when you are at home during the day – try to delay any drinking until as late as possible, especially if there are children in your home. Consider a 'time rule' – e.g. No alcohol in our house until after 10pm



Mind the Children

Children can become afraid when adults are drinking. Avoid drinking alcohol until children have gone to bed. Make sure there is at least one non drinking adult in the house at all times.



Out of Sight

Keep alcohol out of sight and out of reach of children. When you pour a drink, put the remainder away out of sight or in another room so you are not tempted to reach for more. Drink water to quench thirst before drinking.



Help is Out There

Making changes can be hard. You can find local help and support by visiting www.drugsandalcoholni.info and clicking on "Services near you".