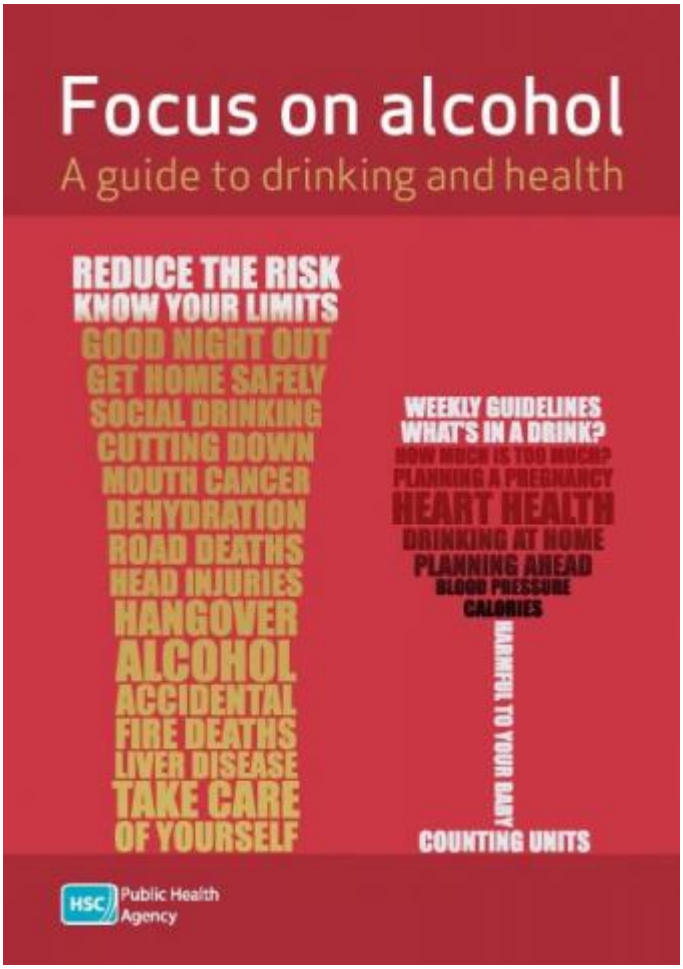

Focus on alcohol

This leaflet incorporates the current advice on low risk drinking from the four UK Chief Medical Officers. It lists the long and short-term effects of drinking too much alcohol and outlines the recommended limits for low risk drinking, as well as providing tips on how to stick to these limits. The leaflet also offers a guide to how many units of alcohol are in common drinks.

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Details

Format
12 page A5 leaflet
Target group
General public

Downloads

Attachment	Size
Focus on alcohol A5 booklet 2026	561.78 KB

Tags

- long
- term
- short
- stat
- effect
- regular
- heavy
- drink
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- recommend
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