



## Do I need alcohol screening?

If you drink alcohol you might want to consider screening. It's free and easy, and can improve your health by helping you find out if your drinking is not healthy. Think of it like a regular blood pressure check or yearly cholesterol screening.

For a quick and anonymous screening, call toll-free **1-800-639-6095** or log onto **[www.alcoholscreening.org](http://www.alcoholscreening.org)**.

***A little information can go a long way***

### Safe drinking guidelines

- Drink slowly, and with food and non-alcoholic beverages.
- Don't drink and drive or combine alcohol with medication.
- People with a family history of alcoholism or prior alcohol abuse are at increased risk for alcoholism.
- People who are under 21, pregnant women or women trying to become pregnant should not drink at all.
- Moderate drinking (1 drink a day for women and 2 for men) does not usually cause health problems.

A free service from the  
VT Department of Health

 **VERMONT**  
**DEPARTMENT OF HEALTH**  
<http://healthvermont.gov>