



ALCOHOL

Alcohol is more than just a beverage. It is a deadly drug.

Alcohol depresses (slows) the brain, affecting thinking, acting, and body functioning.

Alcohol is addictive. Trying to quit after abusing it causes painful effects in your mind and body.

DRUG ID

Varieties: Beer, wine, liquor (like whiskey or vodka), liqueurs, and malt liquor all contain the same drug—alcohol (a.k.a. ethanol).

Street Names: Booze, bubbly, hooch, brew, 40s

Actions: Alcohol slows brain activity. In turn, that slows breathing and heart rates. People die from drinking too much at one time.

Warning Signs: People who have been drinking are clumsy and slur their speech. They may sweat heavily. Their judgment is awful, and that can lead to bad decisions like driving under the influence or having unsafe sexual experiences.

THE NUMBERS

About 1 drinker in 7 becomes addicted to alcohol.

Alcohol abuse kills over 100,000 people in the U.S. every year. Drinking and driving kills about 16,000 more.

MAKE HEALTHY DECISIONS
BE DRUG FREE!





- Blurry vision
- Poor coordination
- Poor reaction time
- Poor thinking skills
- Nausea
- Headache
- Sleep problems
- Hangover

USING OVER TIME

- Heart and liver disease
- Damage to bones, pancreas, and kidneys
- Brain shrinkage
- Severe withdrawal symptoms (headaches, uncontrolled shaking, sleep problems, nausea, and loss of appetite)

WAY TO GO

Alcohol offers you nothing, but it can take away a lot. When you choose not to drink, you choose to stay in good health and in control.

GO
GO
GO
GO