

Bartenders know their units.



Do you?

To keep health risks to a low level, don't exceed **14 units per week** and spread these over three or more days.



Pint of ordinary-strength
lager/beer/cider
(568ml, ABV 4%)
2.3 units



Standard glass of wine
(175ml, ABV 13%)
2.3 units



Single shot of spirits
(25ml, ABV 40%)
1 unit

#GREATNIGHTOUT

Thanks to Lyla Latif Khan and Aleksandra Banas

Great nights out end with a great lie in.

Get home safe.



- ✓ Make a plan.
- ✓ Stick with your friends.
- ✓ Stay in touch.

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Have a great night in.

Responsibly.



Responsible drinking when socialising keeps
you and others safe.

When outside of your household:

- ✓ *Keep up to date with current rules.*
- ✓ *Respect social distancing.*

#GREATNIGHTIN

Thanks to Lyla Latif Khan and Aleksandra Banas