

# Have “FOMO?”

(Fear Of Missing Out)

Create nights you'll  
remember forever—  
**and** the next morning.

Reduce  
your **RISKS**,  
follow the  
**LIMITS**

Maximum:

**2** drinks  
/day

**10** drinks  
/week

for women

Maximum:

**3** drinks  
/day

**15** drinks  
/week

for men

Canada's  
**LOW-RISK  
ALCOHOL  
DRINKING  
GUIDELINES**

Drinking is a personal choice.  
If you choose to drink, these  
guidelines can help you decide  
when, where, why and how.



Canadian Centre  
on Substance Use  
and Addiction

[www.ccsa.ca](http://www.ccsa.ca)



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