

# Binge Drinking...

getting smashed, loaded, wasted can be deadly

Binge drinking is having many drinks during one occasion.

5 or more drinks for males, and 4 or more drinks for females.

## When you binge drink you are at risk of:

A standard drink is...



12 oz/341 mL can  
or bottle of regular  
strength beer



5 oz/142 mL  
glass of table  
wine



1.5 oz/43 mL  
shot of liquor

- Hurting yourself or someone else
- Having unwanted/unprotected sex
- Getting injured or killed when driving, ATVing, boating, biking, snowmobiling
- Behaving irresponsibly or being socially humiliated
- Getting sick and possibly dying from alcohol poisoning
- Losing all memory of where you were and what you did

**It's your choice:**

**Drink less, slow down, or take the night off**

For more information, go to [CAMH](#) and [MADD](#) (Mothers Against Drunk Driving)

If you have any questions, please e-mail: [population.health@porcupinehu.on.ca](mailto:population.health@porcupinehu.on.ca)