Alcohol Guidelines
Australian guidelines to reduce health risks from drinking alcohol

1: HEALTHY ADULTS
Drink no more than 10 standard drinks a week
AND
no more than 4 standard drinks on any one day
to reduce the risk of harm from alcohol.
The less you drink, the lower your risk of harm.

2: CHILDREN AND PEOPLE UNDER 18 YEARS OF AGE
Should not drink alcohol
to reduce the risk of harm from alcohol.

3: WOMEN WHO ARE PREGNANT OR BREASTFEEDING
Should not drink alcohol
to prevent harm from alcohol to their unborn child or baby.