

# Low-risk consumption thresholds

## Alcohol consumption is harmful to health

and consumption above these thresholds is associated with greater mortality



## Only NOT consuming any alcohol eliminates the risks

Reduce your consumption  
Allocate at least **2 days** per week as **alcohol-free days**



## DO NOT consume alcohol



DRIVING



BREASTFEEDING



PREGNANCY



WORKS  
REQUIRING  
CONCENTRATION



MINORS



CERTAIN  
MEDICATION  
AND DISEASES/  
CONDITIONS



RISKY  
ACTIVITIES/  
SPORTS



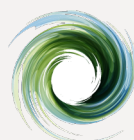
CHILDCARE/  
SUPERVISION  
OF MINORS

Consult official sources for information:

<https://estilosdevidasaludable.sanidad.gob.es/en/home.htm>

<https://www.mscbs.gob.es/en/home.htm>

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ESTRATEGIA  
PROMOCIÓN DE LA SALUD  
Y PREVENCIÓN EN EL SNS



GOBIERNO  
DE ESPAÑA

MINISTERIO  
DE SANIDAD