

# 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.