

APRIL is ALCOHOL AWARENESS MONTH

Help for Today
Hope for Tomorrow

Myths About Alcohol

1. **Myth:** Beer before liquor, never been sicker; liquor before beer, you're in the clear.

Fact: The amount of drink matters more than the type of drinks you consume or how you mix them. Drinking too much of any alcohol too quickly can make you sick. Pacing is key.

2. **Myth:** Vomiting helps you sober up and prevents hangovers. **Fact:** Alcohol absorption into the bloodstream begins almost immediately, so getting rid of the likely small amount in vomit probably won't make much of a difference—if you're already at *that* point, there's likely already too much alcohol in the body's system to avoid a hangover.

3. **Myth:** Eating a big meal before drinking will keep you sober. **Fact:** Eating will only delay the absorption of alcohol but will not prohibit it. It will NOT keep you sober. **Take a free and anonymous alcohol screening at:**

www.alcoholscreening.org

Employee Assistance Program



City of Milwaukee EAP



What Are The Signs of Alcohol Abuse?

Alcohol abuse is a pattern of drinking that results in harm to one's health, interpersonal relationships, or ability to work.

This may mean any of the following signs:

- **Repeatedly Neglecting Responsibilities:** Failing to meet expectations and responsibilities. Examples may be performing poorly at work, calling off sick, missing social commitments, poor or failing academics.
- **Use in Dangerous Situations:** The use of alcohol in situations where it can be physically dangerous, such as drinking and driving, mixing alcohol with prescription medication or operating machinery while drinking.
- **Legal Problems Due to Drinking:** Repeated legal problems. For example, getting arrested for fights, drunk and disorderly conduct, domestic disputes, driving under the influence.
- **Continued Drinking Despite Relationship Problems:** Alcohol is causing or making problems worse in your relationships with your friends, family or spouse, and you continue to drink. For example, fighting with your family because they don't like how you act when you drink or going out and drinking with your buddies even though you know your spouse will be very upset.
- **Drinking to De-Stress:** Many drinking problems start when people use alcohol to relieve stress. Because alcohol is a sedative drug, over time, you will need more alcohol to have the same desired effect.