



## Moderation by the numbers: 2-3-4-0

With Christmas and the New Year celebrations approaching, alcohol is often for most a part of receptions and traditions. Drinking alcohol in moderation can perfectly be integrated into the excitement of the holiday season.

### Where does this numeric expression come from?

Women who want to avoid long-term problems should limit themselves to two drinks a day and 10 a week. For men, the limits are three drinks a day and 15 a week. That's the 2-3 part of the expression.

Of course, there is no harm in drinking a little more than that every now and then. On a special occasion, for example, women may have three drinks and men, four. That's the 3-4 part.

Lastly, to avoid physical and psychological addiction, the recommendation is that everyone should abstain from drinking at least one day a week. That's the 0.

### Standard drink:



### Tips for drinking moderately

- Drink slowly.
- Alternate alcoholic and non-alcoholic drinks.
- Eat before and while you drink.
- Plan to drink in a safe environment.

### Drinking and driving, a gesture full of consequences

Every year, accidents due to alcohol cause an average of:

- 190 deaths.
- 410 serious injuries.
- 2,070 minor injuries.

An estimated \$90 million per year is spent on compensating road accident victims.

(Source : [www.educalcoool.qc.ca](http://www.educalcoool.qc.ca))

### Raccompagnements Point Zéro 8

A safe alternative to driving under the influence of alcohol,

**all year long.**

514-953-0008

### Opération Nez Rouge

From December 5 to 31, 2014

1-866-DESJARDINS

# HEALTHY WINTER

Visit [www.santemontreal.qc.ca/externe/hiverensante](http://www.santemontreal.qc.ca/externe/hiverensante) to make the right decisions if you are sick.

The main symptoms are the following:

- ▶ Sudden onset of fever, between 38 °C and 40 °C (100.4 °F and 104 °F)
  - ▶ Cough
  - ▶ Fatigue
  - ▶ Headache
  - ▶ Muscle aches
  - ▶ General discomfort lasting several days
- Someone who is sick is contagious from the time symptoms appear, and can be contagious for up to two weeks after the symptoms have gone.

Is it the flu?



The main symptoms are the following:

- ▶ Diarrhoea
  - ▶ Stomach cramps
  - ▶ Nausea
  - ▶ Vomiting
  - ▶ Fever (in some cases)
- Most of the time, norovirus is the germ that causes gastroenteritis. The virus is around mostly during fall and winter. Normally, viral gastroenteritis is not serious and symptoms last 24 to 72 hours.

Is it gastroenteritis?



Is it something else?



- Call **811** to talk to a nurse anytime, 24/7.
- Make an appointment in a network clinic
- The ER? It's for emergencies!

(Source : [www.santemontreal.qc.ca/externe/hiverensante](http://www.santemontreal.qc.ca/externe/hiverensante))