If you have hepatitis, it is safest not to drink alcohol at all.

**Tips for Drinking Less**

1. Avoid alcohol. Avoid keeping alcohol in your home and try to stay away from activities that involve alcohol.

2. Substitute alcoholic drinks with water or seltzer.

3. When you feel an urge, remember why you want to avoid alcohol or call a friend for support.

4. Exercise or pick up a new hobby for times when you would normally drink.

Find more tips at [RethinkingDrinking.niaaa.nih.gov](http://RethinkingDrinking.niaaa.nih.gov).
CREATE AN ACTION PLAN

What?
Example: I will stop drinking or limit myself to one drink a month.

How?
Example: I will drink seltzer water instead of beer at social events.

When?
Example: I will start the next time I am out with my friends.

For help or treatment options, talk to your doctor or visit 800LifeNet.org.