



APRIL IS ALCOHOL AWARENESS MONTH

Alcohol use has increased during the COVID-19 pandemic. Many people are drinking to cope with stress, anxiety, fear, depression and social isolation. More than 14 million adults have an alcohol use disorder (AUD). This means that their drinking causes distress and harm. AUD can range from mild to severe, depending on the symptoms. Severe AUD, also called alcoholism or alcohol dependence, can affect anyone, regardless of age, gender, ethnicity, profession, or socio-economic status.

Excessive alcohol use includes: binge drinking, heavy drinking, any alcohol use by people under the age of 21, and any alcohol use by pregnant women. Binge drinking is consuming four drinks or more for women and five drinks or more for men on a single occasion. Heavy drinking in men is defined as consuming 15 drinks or more per week and for women, it's 8 drinks or more per week.

A standard drink is equal to 0.6 ounces of pure alcohol. That is:

- 12 ounces of beer (5% alcohol content)
- 8 ounces of malt liquor (7% alcohol content)
- 5 ounces of wine (12% alcohol content)
- 1.5 ounces or a "shot" of 80-proof (40% alcohol content) distilled spirits or liquor (such as gin, rum, vodka, whiskey)

Excessive alcohol use increases a person's risk of stroke, liver cirrhosis, alcoholic hepatitis, cancer, and other serious health conditions. It leads to risk-taking behavior, such as driving while impaired and unprotected sex. Alcohol also increases the risk of death from car crashes, injuries, homicide, and suicide.

Sources: [cdc.gov/alcohol](https://www.cdc.gov/alcohol)
and [samhsa.gov](https://www.samhsa.gov)

If you or someone you know is suffering with an alcohol use disorder and is looking for help, contact Atlantic County Division of Public Health Substance Abuse Services at 609-645-5932.

Treatment Resources

- * *Alcoholics Anonymous (856) 486-4444*
- * *Reach NJ (844) 732-2465*

Facts and Statistics

- * *14.5 million people age 12 or older had an alcohol use disorder (2019 NSDUH)*
- * *More than 95,000 people die from excessive alcohol use in the U. S. each year. That is around 261 deaths per day. (CDC)*
- * *29 people in the US die everyday in motor vehicle crashes that involve an alcohol-impaired driver. This is one death every 50 minutes. The annual cost of alcohol-related crashes totals more than \$44 billion. (CDC)*

JUST IN CASE
FREE Opioid Awareness & Narcan Training
SAVE A LIFE
Are you or someone you know at risk of a heroin/opioid overdose?
TRAINING WILL INCLUDE:
Overview of Addiction - Signs and Symptoms - How to Administer Narcan
Rescue Breathing - Overdose Prevention and Legal Rights - Support Information and Resources
To register for a training or to organize a training at your location, please call (609) 645-5932 or email Wilson_Brian@aclink.org
Sponsored by:
Atlantic County Dept. of Human Services
Division of Public Health
Substance Abuse Services



STD Awareness Week

April 10-16

You can't tell if someone has an STD (*Sexually Transmitted Disease*) just by looking at them. Many STDs do not cause any symptoms, so the only way to know for sure is to **GET TESTED**.

The sooner you get tested, the sooner you can take action to protect your health and the health of your partner(s). All STDs are treatable, and most are curable.

Some STDs can lead to serious health problems if not treated.

The Atlantic County Division of Public Health offers confidential STD testing, treatment, counseling/education, HIV testing and PrEP referrals **FREE** to county residents. The walk-in clinic is open every Monday (except holidays) 2:00-4:00PM at 201 S. Shore Road in Northfield. **No appointment necessary.**

For more information about STDs visit:
bit.ly/3LVojLN or Scan the QR code



Source: [cdc.gov/std](https://www.cdc.gov/std)

DYK?
**ALL STDS
CAN BE TREATED
& SOME CAN BE
CURED**

**GYT
GET YOURSELF TESTED**

#STDWeek

Travel Safety Tips

1. Make sure you are up to date on your COVID-19 vaccination
2. Check the testing and masking requirements of your destination
3. Keep activities outdoors when possible
If indoors, try to be in a well-ventilated area
4. Get tested for COVID-19 if you develop any symptoms
5. Wash your hands frequently
6. If going somewhere tropical, be sure to wear sunscreen and bug repellent

Stay up to date on travel policies.
Visit New Jersey's Traveler's Health website at
www.nj.gov/health/cd/topics/travel.shtml



Are Your Child's Vaccinations Up to Date?

Immunizations are available for children 18 years and younger residing in Atlantic County who are uninsured or have NJ Family Care Plan A Insurance.

Call 609-645-7700 ext. 4500 to schedule an appointment at one of our clinics

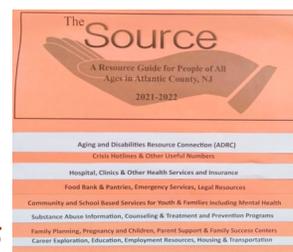
201 South Shore Road
Northfield, NJ 08225

310 Bellevue Avenue
Hammonton, NJ 08037



The Source

**A RESOURCE GUIDE
FOR PEOPLE OF ALL AGES
IN ATLANTIC COUNTY
available in English and
Spanish at aclink.org**



Contact Christine King
609-645-7700 ext.4381
to request paper copy

or scan the QR Code

