

2026 Alcohol Awareness Month Partner Toolkit

This toolkit was created to recognize Alcohol Awareness Month which is observed in April with the goal of raising awareness and understanding of alcohol abuse. The materials in this toolkit are prevention focused and intended for healthcare and allied health professionals: graphics and social media post text.

Graphics

Use graphics across social media, emails, websites, newsletters, blogs, or other print or digital communication. If additional graphic sizes are needed, please contact Katherine Chyka at Katherine.Chyka@orau.org.



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WHAT IS ONE DRINK?

A SINGLE BEER
OR
12 FL. OZ
about 5% alcohol

A SINGLE SHOT
OR
1.5 FL. OZ
about 40% alcohol

A SINGLE GLASS OF WINE
OR
5 FL. OZ
about 12% alcohol

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CERTAIN PEOPLE SHOULD AVOID ALCOHOL COMPLETELY, INCLUDING

PEOPLE WHO ARE RECOVERING FROM ALCOHOL USE DISORDER OR ARE UNABLE TO CONTROL THE AMOUNT THAT THEY DRINK

WOMEN WHO ARE PREGNANT OR MIGHT BE PREGNANT

PEOPLE YOUNGER THAN AGE 21

WWW.CDC.GOV/FASD

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THE SAFEST THING TO DO IS AVOID ANY TYPE OF ALCOHOL USE DURING PREGNANCY.

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LET'S TALK

ALCOHOL AND YOUR HEALTH

IS DRINKING ALCOHOL GOOD FOR YOUR HEALTH?

RESEARCH SUGGESTS THAT EVEN DRINKING WITHIN THE RECOMMENDED LIMITS CAN BE HARMFUL.

CDC

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LET'S TALK

ALCOHOL AND YOUR HEALTH

1 IN 3 U.S. ADULTS DRINK IN WAYS THAT PUT THEMSELVES OR OTHERS AT RISK OF HARM.

MANY PEOPLE ARE SURPRISED TO LEARN WHAT COUNTS AS A DRINK, AND THAT A **GLASS OF WINE** CONTAINS THE SAME AMOUNT OF ALCOHOL AS A **SHOT OF LIQUOR.**

CDC

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Social Media Post Text

Tailor the following text for your specific audience and social media channels. Consider using hashtags **#FASDNPN** whenever possible.

Post 1: April is Alcohol Awareness Month. Join us as we raise awareness and understanding of alcohol abuse. #FASDNPN

Post 2: Many people are surprised to learn what counts as a drink, and that a glass of wine contains the same amount of alcohol as a shot of liquor. Avoid alcohol completely if you are pregnant or might be pregnant. Check your drinking: www.cdc.gov/alcohol/CheckYourDrinking/index.html #FASDNPN

Post 3: 1 in 3 U.S. adults drink in ways that put themselves or others at risk of harm. Check your drinking: www.cdc.gov/alcohol/CheckYourDrinking/index.html #FASDNPN

Post 4: New research suggests that even drinking within the recommended limits may increase the overall risk of death from heart disease and increase the risk of cancers of the mouth, throat, esophagus, liver, and colon. Have an open conversation with your doctor about your alcohol use to find out if drinking less could reduce your risk of health problems and help you meet your health goals. #FASDNPN

Post 5: Alcohol guidelines differ for men and women because after drinking the same amount of alcohol, women tend to have higher blood alcohol levels than men, and the immediate effects of alcohol usually happen faster and last longer in women than in men. Talk with your doctor about your alcohol use. Conversations about issues that may affect your health, like smoking, exercise, diet, and alcohol are part of high-quality health care. #FASDNPN

Post 6: Certain people should avoid alcohol completely, including people who are recovering from alcohol use disorder or are unable to control the amount that they drink, those who are pregnant or might be pregnant, and people younger than age 21. #FASDNPN

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