

IS THERE A PROBLEM?

Only you can answer this question, and it may not be an easy thing to do. Answer the following questions as honestly as you can and if you do decide you need help, the City of Cape Town Helpline is there for you. **There is a solution!**

| | | |
|--|-----|----|
| Do you ever drink or use drugs alone? | YES | NO |
| Have you ever tried to stop or control your drinking or drug use? | YES | NO |
| Are family and friends worried about your drinking or drug use? | YES | NO |
| Do you ever feel ashamed or guilty about your drinking or drug use? | YES | NO |
| Is your drinking or drug use making your home life unhappy? | YES | NO |
| Has your work/school performance ever suffered because of your drinking or drug use? | YES | NO |
| Have you ever lied about how much you've had to drink or what drugs you've used? | YES | NO |
| Have you ever stolen to buy alcohol or drugs? | YES | NO |
| Have you ever stolen alcohol or drugs? | YES | NO |
| Have you ever been arrested because of an alcohol or drug related incident? | YES | NO |
| Have you ever put buying alcohol or drugs ahead of other financial responsibilities? | YES | NO |
| Have you ever seen a doctor or had health problems because of drinking or drug use? | YES | NO |
| Do you often drink or use drugs first thing in the morning? | YES | NO |
| Do you think about alcohol or drugs a lot? | YES | NO |
| Do you avoid people or places that don't like your drinking or drug use? | YES | NO |
| Does the thought of not drinking or using drugs frighten you? | YES | NO |
| Do you keep on drinking and using drugs despite the bad things that happen? | YES | NO |
| Do you ever think you might be crazy? | YES | NO |
| Do you feel it would be impossible for you to live without alcohol or drugs? | YES | NO |
| Do you think you might have an alcohol or drug problem? | YES | NO |

DID YOU KNOW....?

- In Cape Town, Durban, Gauteng, and Port Elizabeth, 45% of all non-natural deaths had blood alcohol concentrations greater than or equal to 0.05g/100ml. (Cape Town 53%)
- In Cape Town, Durban and Port Elizabeth, 39% of trauma patients had breath alcohol concentrations greater than or equal to 0.05g/100ml (legal limit)
- Foetal Alcohol Syndrome (FAS) is the only disorder that can be 100% avoided
- Cape Town and the Western Cape have the highest level of youth binge drinking (34%). The national average is 23%
- Between one-third to a half of arrestees in Cape Town, Durban and Johannesburg charged with offences categorised as "family violence" reported being under the influence of alcohol at the time of the alleged offence
- Among grade 8 and 11 learners in Cape Town, the odds of repeating a grade at school is 60% higher for learners who consume alcohol

Source: www.sahealthinfo.org.za

GUIDELINES FOR ALCOHOL USE:

- It takes the adult body an hour or longer to get rid of one unit of alcohol
- Women are affected more easily by alcohol intake than males
- One unit of alcohol will affect your ability to drive....rather avoid driving after any alcohol use
- On average, 1 unit = 0.02 g in the blood. The legal limit is less than 0.05g in your blood

1 UNIT =

| | | | | |
|---|----|---|----|---|
|  | OR |  | OR |  |
| $\frac{2}{3}$ sorghum or a tin of beer | | 90ml wine | | 25ml/a tot of vodka or brandy |

Source of table: www.sadd.org.za

NB: This information is intended as a guideline.

THE CITY OF CAPE TOWN CARES

(Community Awareness Rehabilitation & Education Services)

ALCOHOL & DRUG
24/7 HELPLINE **0800** HELP 4 U
4357 4 8



CITY OF CAPE TOWN | ISIXEKO SASEKAPA | STAD KAAPSTAD

THIS CITY WORKS FOR YOU