Symptoms

Alcoholism or alcohol dependence is a chronic disease that includes:

- **Craving** -- A strong need, or urge, to drink.
- **Loss of control** -- Not being able to stop drinking once drinking has begun.
- **Physical dependence** -- Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety after stopping drinking.
- **Tolerance** -- The need to drink greater amounts of alcohol to get "high."

(NIAAA)

Alcohol abuse is a pattern of drinking that affects one’s health, relationships, or work. (CDC)

**Concerned about your alcohol use? Test Your Use of Alcohol and Drugs**

**Are your drinking habits affecting your health? Rethinking Drinking**

*If you think that you might have a problem, seek professional help immediately.*

*****ALERT*****

If a person under the influence is in distress or does not respond, **Call 911** or seek immediate medical attention. Never let them sleep it off. It could result in death.

Watch “Alcohol Poisoning” and other PSAs.