

RESPONSIBLE ALCOHOL TRADING & CONSUMPTION

Responsible alcohol consumption means that you never have to feel sorry for what has happened while you were drinking. Basically, this means not becoming drunk. Responsible choices concerning sensible alcohol consumption may mean not drinking, while sick, taking medications or being a designated driver.

Tips for Responsible Alcohol Consumption

- Know your limit - Do not overindulge: Avoid drunkenness.
- Eat food and drink water alongside your alcoholic drink.
- Sip your drink. If you gulp a drink you may end up becoming drunk and losing pleasure of socialising or being responsible with your environment.
- Do not drink and drive: Have someone available who will not be drinking and will drive those who have been drinking home.
- If you choose to drink, please do so in a responsible, safe, sensible and healthy way.
- Do not mix alcohol with drugs.



LIQUOR TRADERS MUST TRADE RESPONSIBLY

- Do not sell alcohol to persons under the age of 18.
- Do not sell to an already intoxicated person.
- Stick to your approved trading hours.



UNDERAGE DRINKING

- A young person's body cannot cope with alcohol the same way an adult's can.
- Drinking is more harmful to teens than adults because their brains are still developing throughout adolescence and well into young adulthood.
- Drinking during this critical growth period can lead to lifelong damage in brain function, particularly as it relates to memory, motor skills (ability to move) and coordination.



TREATMENT

If you cannot control your habits of overdrinking or you are affected by alcoholism problems, help is available through the South African National Council on alcoholism and Drug Dependence ("SANCA") – on WhatsApp number 076 535 1701 or call them on 011 892 3829.

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OFFICE:
MER Building, First Avenue,
White River, Mpumalanga Province,
South Africa.

POSTAL ADDRESS:
Private Bag x 9908, White River,
Mpumalanga Province,
South Africa, 1240.

SWITCHBOARD:
Telephone: +27 (0) 13 750 8000
Facsimile: +27 (0) 13 750 8099
Email: ceo@mer.org.za



Gambling and liquor consumption is strictly for persons over 18 years of age.