

Legal Information



- Wine, beer and sparkling wine are allowed from 16 years.
- All other types of alcohol that you can buy in the supermarket are allowed from 18 years.
- Alcohol may be drunk in public places.
- Active participation in road traffic under the influence of alcohol is prohibited. In the case of accidents and police checks, this leads to penalties (for example fines and driving bans).

Assistance



You can turn with all your worries to the following advice centers. These are subject to confidentiality. You cannot talk to anyone else about it, if you do not want that.

- Caritas Association for Dresden e. V.
Phone: (03 51) 8 04 38 04
www.caritas-suchtberatung-dresden.de
- Social welfare organisation - City Mission Dresden e. V.
Phone: (03 51) 4 46 89 77 or 8 17 24 00
www.diakonie-dresden.de
- SZL addiction center gGmbH
Phone: (03 51) 4 20 77 38
www.suchtzentrum.de/horizont
- GESOP gGmbH
Phone: (03 51) 21 53 08 30
www.gesop-dd.de
- Mobile addiction service in the social assistance office
Phone: (03 51) 4 88 49 87, 4 88 49 89 or 4 88 49 95
www.dresden.de/mobiler-suchtdienst
- Youth and drug counseling center of the health department
Phone: (03 51) 4 88 53 71
www.dresden.de/drogenberatung

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Electronic documents with qualified electronic signature can be submitted via a form. In addition, E-Mails to the City of Dresden can be sent encrypted with S/MIME-certificate or via DE-Mail. More information can be found here: www.dresden.de/kontakt. This information material is part of the public relations service of the City of Dresden. It is not to be used for political and campaign advertising. Political parties, however, are allowed to use it to inform their members.

www.dresden.de/sucht



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Alcohol in Germany
Information on dealing with alcohol

Alcohol in Germany

General information



- Although drinking alcohol is legal and socially accepted in Germany, it has its risks.
- Alcohol can be bought almost everywhere (for example in the supermarket, at the kiosk, at the service station).
- The alcohol content of a beverage is on the packaging specified or can be requested (for example, 5.0% by volume).

Alcohol content of various alcoholic beverages:



Beer

Quantity: 0,5 l

Alcohol content: about 5 vol.%

corresponds to 20 g of pure alcohol



Wine

Quantity: 0,2 l

Alcohol content: about 10 vol.%

corresponds to 20 g of pure alcohol



Sparkling wine

Quantity: 0,1 l

Alcohol content: about 10 vol.%

corresponds to 9 g of pure alcohol



Spirit drinks

Quantity: 0,02 l

Alcohol content: about 33 vol.%

corresponds to 5 g of pure alcohol

Alcohol from a medical point of view



- Alcohol is a cytotoxin and damages the whole body.
- Alcohol removes fluid from the body
Drink plenty of water during and after drinking alcohol.
- Special damage occurs when children, adolescents and pregnant women drink alcohol!
- During pregnancy and lactation no alcohol may be drunk! Alcohol consumption during pregnancy harms the child in the stomach.
- Alcohol passes into breast milk and is a stronger cytotoxin for infants than for adults.
- Drinking different types of mixed alcohol (for example, beer and wine) puts more strain on the body than just drinking beer or wine.
- Drinking alcohol with medication or other drugs is very dangerous.
- Large amounts of alcohol and regular consumption weaken the immune system, burden the body and can lead to addiction.



Alcohol and social coexistence

- Too much alcohol can make you helpless. There is a risk of accidents and injury and the risk of becoming victims of violence. Even after drinking a little alcohol self-assessment can be wrong.
- Caution: the willingness to risky behavior increases.
- Alcohol can act as a deterrent and changes your perception. You become violent faster. Make sure that you remain respectful of other people.
- Also use condoms in sexual acts under the influence of alcohol to protect you from infectious diseases and unwanted pregnancies.
- In case of nausea and associated unconsciousness and vomiting there is danger of suffocation. Lay the person on the side so that the vomit can flow out of the mouth.
- Get medical assistance if someone is so drunk that he/she loses consciousness and stops breathing (phone number: 112).
- If you want to change your alcohol intake or want to quit or have questions, you can contact special assistance and advice centers.
- If you have questions about alcohol and wish to learn how to drink less, you can get assistance anonymously and free of charge in a counseling center.

Therefore:



- The less you drink and the greater the intervals between drinks exist, the less health risks you have.
- Observe drinking breaks and recovery periods.
- For women and men, there are different limits for low-risk consumption.
This is 12 grams for women (about a glass of sparkling wine) and 24 grams (about a glass of beer) for men in pure alcohol per day.
- You should not drink alcohol for at least two days a week.