



Florence County Health Department

501 Lake Ave PO Box 410 Florence, Wisconsin 54121 715-528-4837
A.Seibold, RN, MS Health Officer/Director



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Ally Kalkofen
Florence County Health Department
715-528-3427
FAX 715-528-5269
akalkofen@florencecountywi.gov

Rethinking Drinking.

[Florence, WI] –

Did you know that during the COVID-19 pandemic alcohol consumption sky rocketed, leading to a 25% increase in alcohol-related deaths in the United States? In 2020, the first year of the pandemic, was a time that many will never forget... a time of uncertainty, isolation, loneliness, and illness which all lead to an increase in mental health needs. These factors lead to the increase in consumption of alcohol, ultimately taking the lives of individuals that could have been prevented. So just how can we prevent alcohol related deaths?

Know the healthy drinking limit. Most adults in the United States do NOT drink most days, so it is important to look at how much you are consuming when you drink.

Men: 2 drinks/day or less.

Women: 1 drink/day or less.

The standard US drink sizes are as follows: Beer – 12 oz, Malt Liquor – 8oz, Wine – 5 oz, 80 proof distilled spirits (rum, vodka, whiskey, gin, ext) – 1.5 oz.

Have safe transportation if drinking outside of the home. Never get behind the wheel during or after drinking.

Reach out for support in times of sadness, depression, and stress.

Call or Text #998 for Mental Health Support – Will start July 16th, 2022.

Primary Care Provider

Florence County Human Services - (715) 528-3296

911 in cases of Emergency

Do not combine alcohol with other substances (without talking with your healthcare provider): over the counter medications, prescriptions, and illegal drugs.

For questions or more information, please contact Ally Kalkofen/Public Health Nurse at 715-528-3427. The Florence County Health Department is located on the first floor of the courthouse

