To reduce your risk of experiencing harms from gambling, follow all three of these guidelines:

**1. HOW MUCH**
Gamble no more than 1% of household income before tax per month

**MAXIMUM MONTHLY AMOUNT**

<table>
<thead>
<tr>
<th>Yearly household income</th>
<th>Maximum monthly amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>$10,000</td>
<td>$8</td>
</tr>
<tr>
<td>$30,000</td>
<td>$25</td>
</tr>
<tr>
<td>$50,000</td>
<td>$42</td>
</tr>
<tr>
<td>$70,000</td>
<td>$58</td>
</tr>
<tr>
<td>$90,000</td>
<td>$75</td>
</tr>
<tr>
<td>$110,000</td>
<td>$92</td>
</tr>
<tr>
<td>$130,000</td>
<td>$108</td>
</tr>
<tr>
<td>$150,000</td>
<td>$125</td>
</tr>
</tbody>
</table>

**2. HOW MANY**
Avoid regularly gambling at more than 2 types of games

**3. HOW OFTEN**
Gamble no more than 4 days per month

**WHAT YOU PLAY MATTERS**
- Fast-paced games that involve quick and repeated betting can more quickly and easily lead to problems.
- For example, with many forms of online gambling, slot machines, electronic gaming machines and poker, people can spend large amounts of money in a short time.

**WHAT ARE THE NEGATIVE CONSEQUENCES (HARMS) RELATED TO GAMBLING?**
- Losing money is the gambling harm that first comes to mind. But gambling can lead to other harms:
  - Relationship conflicts, such as neglect of relationship, social isolation, arguing with your spouse
  - Emotional distress, such as feelings of guilt, loneliness and isolation.
  - Health problems, such as problematic use of alcohol or other drugs

Following these guidelines can help reduce your risk of gambling harms.

**GAMBLING TYPES INCLUDE THE FOLLOWING:**

**WHAT ARE THE NEGATIVE CONSEQUENCES (HARMS) RELATED TO GAMBLING?**
- Losing money is the gambling harm that first comes to mind. But gambling can lead to other harms:
  - Relationship conflicts, such as neglect of relationship, social isolation, arguing with your spouse
  - Emotional distress, such as feelings of guilt, loneliness and isolation.
  - Health problems, such as problematic use of alcohol or other drugs

Following these guidelines can help reduce your risk of gambling harms.

**THINK ABOUT YOUR REASONS FOR GAMBLING**
- Is it for fun? If you’re gambling to escape problems, you’re more likely to experience harm from gambling and might find it harder to stick to the suggested limits.

Visit [www.gamblingguidelines.ca](http://www.gamblingguidelines.ca) for more information.

These guidelines were developed for people of legal gambling age who want to make more informed choices about their gambling.