

Alcohol and COVID-19: what you need to know



Under no circumstances should you drink any type of alcoholic product as a means of preventing or treating COVID-19 infection.
Consumption of alcohol WILL NOT protect you from COVID-19.

Avoid alcohol altogether

so that you do not undermine your own immune system and health and do not **put at risk** the health of others.



Do not use alcohol as a way of dealing with your emotions and stress

as isolation and drinking may also increase the risk of suicide. Please call a health hotline if you have suicidal thoughts.



Reach out for help

if you think your drinking or the drinking of someone close to you is out of control.



Never mix alcohol with medications

even herbal or over-the-counter remedies, as this could make them less effective, or it might increase their potency to a level where they become toxic and dangerous.



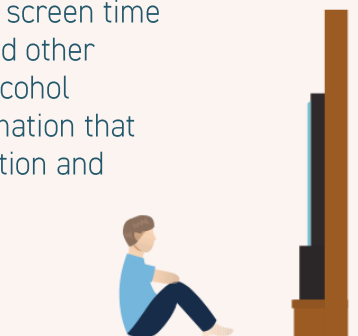
Avoid alcohol as a social cue for smoking

and vice versa, as smoking is associated with more complicated and dangerous progression of COVID-19.



Make sure that children and young people do not have access to alcohol

and **do not drink in their presence**– be a role model. Monitor the screen time of your children, as TV and other media are flooded with alcohol advertising and misinformation that may stimulate early initiation and increased consumption.



Discuss with children and young people the problems associated with drinking and COVID-19

such as violations of quarantine and physical distancing, which can make the pandemic worse.



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