

# 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.



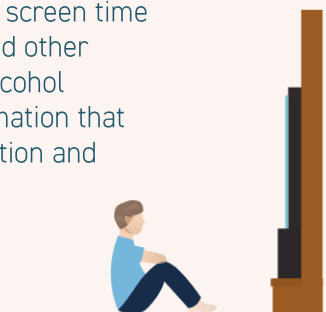
## Discuss with children and young people the problems associated with drinking and COVID-19

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



## 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.



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