



KEY MESSAGES:

Lower your health risks for COVID-19

- If you choose to drink, space your drinks over a longer time period and choose drinks with a lower percentage of alcohol to reduce your overall alcohol intake. To learn more, see [Canada's Low-Risk Alcohol Drinking Guidelines](#).
- Increasing the number of days where you do not drink alcohol may increase your immunity.
 - Excessive or high-risk alcohol use can weaken your immune system and make you more susceptible to COVID 19 and other illnesses. (*Canadian Centre on Substance Use and Addiction, 2020*)
- Don't share drinks. Sharing drinks can spread COVID 19 and other illnesses.

Does alcohol help prevent or treat COVID-19?

- **No**, drinking alcohol does not help prevent or treat COVID-19.

Safety at home

- Keep all your alcohol (wine, beer, and distilled alcohol) safely stored, in their original bottles or containers, out of sight and out of reach of children. This reduces the risk that a child will mistake it for juice or pop and accidentally consume it. It will also reduce the chance of alcohol poisoning and underage drinking.
- Alcohol affects your thoughts, judgment, decision-making and behavior.
 - It's important **not to use alcohol** during times when you are required to act as a caregiver to children, the elderly and/or other dependents in order to give them the best possible care.
 - When you keep alcohol out of the equation, it is easier to keep communication positive in your relationships.
- Alcohol, even in small amounts, is a risk to a developing baby at any time during pregnancy.

Coping during COVID-19

- Feeling bored or lonely? Looking for ways to fill your time?
 - Plan out alcohol-free days. Remember that alcohol can depress mood and increase feelings of loneliness. Instead of drinking, connect with family and friends while physical distancing.
 - If you choose to consume alcohol or pour drinks for others in your home, keep track of the number of standard drinks of alcohol you consume or pour for others. To drink less and reduce your risk, follow [Canada's Low-Risk Alcohol Drinking Guidelines](#), and purchase less alcohol.

For people who drink heavily (more than 5 standard drinks on one occasion or exceed the weekly limit in [Canada's Low-Risk Alcohol Drinking Guidelines](#))

- Make a plan for safer drinking to increase your overall health and improve your immunity in the short term.

For those living with alcohol dependency

- Understand the risks of serious alcohol withdrawal and please consider reaching out for withdrawal supports.

Call the Addiction Helpline to talk about substance use, and supports available

- If you are concerned about your own or someone else's use of alcohol, cannabis, or other drugs, please contact the Alberta Health Services **Addiction Helpline at 1-866-332-2322** (available 24 hours a day, seven days a week).



Helpful Resources

Canadian Centre for Substance Use and Addiction (CCSA) - Alcohol

[COVID 19, Alcohol and Cannabis Use \(Infographic\)](#)

[Canada's Low-Risk Alcohol Drinking Guidelines \(Brochure\)](#)

[Alcohol and Low-Risk Drinking Quiz](#)

[Know Your Limits with Alcohol – A Practical Guide to Assessing Your Drinking](#)

DrugSafe.ca/alcohol (AHS)

[Alcohol – Know Your Limits](#)

[Alcohol – Tips for Safer Use](#)

[Alcohol – Health Effects](#)

[Alcohol Poisoning \(Overdose\)](#)

For specific age groups:

[Alcohol – Youth \(Gr 7-12\)](#)

[Alcohol – Under 25 years](#)

[Click for More DrugSafe Alcohol Resources](#)

Alcohol and Health Series (AHS)

[Low Risk Drinking Guidelines \(including What is a Standard Drink\)](#)

[Alcohol and the Human Body: Short-term Effects](#)

[Alcohol and Sleep](#)

[Alcohol Combinations](#)

(alcohol and - caffeine, cannabis, gambling, medications, opioids, tobacco and other drugs)

[Alcohol and Mental Illness](#)

[Cancer and Other Chronic Disease](#)

For specific age groups:

[Talk to Your Children About Alcohol \(in brief\)](#)

[Alcohol and Adolescents \(in brief\)](#)

[Alcohol and Seniors](#)

[Click for more titles in the Alcohol and Health series](#)

MyHealthAlberta.ca

[Topic Overview on Alcohol Use, Health Effects and Alcohol Use Disorder](#)

[Alcohol Problems – How to Stop Drinking](#)

[When Someone in Your Home Misuses Alcohol](#)

Living Healthy – HealthierTogether.ca (AHS)

[Drink Less Alcohol](#)

Teachers and Schools

Addiction & Mental Health (AHS)

[Lesson Plans for Teachers and Schools \(updated 2019\)](#)

[Prevention Strategies](#)

Addiction Helpline

1-866-332-2322

Telephone advice and service referral for adults and youth requiring addiction services. The Addiction Helpline operates 24 hours a day, seven days a week and is available to all Albertans.