

# Alcohol and Covid-19

## Stay Healthy, Stay Safe



**WORLD HEALTH ORGANIZATION WARNING!**  
**DRINKING ALCOHOL WILL NOT DESTROY COVID-19 AND ITS CONSUMPTION IS LIKELY TO INCREASE HEALTH RISKS IF YOU BECOME INFECTED.**



### **DON'T STOCKPILE**

Don't stockpile alcohol in your home. Plan ahead, limit the amount you buy in and opt for non-alcoholic drinks to help you stay within the 14 unit low-risk weekly guidelines.



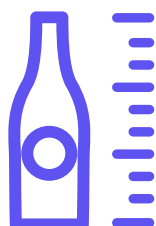
### **THE FACTS: ALCOHOL AND COVID-19**

According to the World Health Organization, alcohol use, especially heavy use, weakens the immune system and reduces the ability to cope with infectious diseases – including Covid-19.



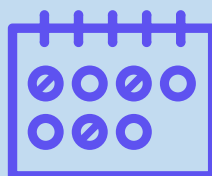
### **FEELING STRESSED OR ANXIOUS?**

You might think alcohol helps you to deal with those feelings, but it's not a good coping mechanism. Alcohol is known to increase feelings of anxiety, depression, stress and other mental health conditions.



### **CUT DOWN: KNOW YOUR UNITS**

Chief Medical Officer advice is to drink no more than 14 units a week to stay 'low risk'; that's about six pints of standard strength beer or six medium (175ml) glasses of wine. An est. 650,000\* people in the NE have cut down or stopped drinking during lockdown.



### **HAVE DRINK-FREE DAYS**

Taking at least three drink-free days every week is a great way to cut down on how much you're drinking. The free *Drink Free Days* app will help you keep track.



### **WATCHING YOUR WEIGHT?**

You won't see it on the label, but reducing your drinking can help stop you gaining weight. There's 228 calories in a large glass of red wine (12% ABV) – about the same as a regular Mars Bar.



### **RELAXING WITHOUT ALCOHOL**

Top tips to help you unwind from Alcohol Change – read a good book or listen to an audiobook; have a long bath; go for a walk; exercise; try mindfulness and meditation.



### **HELP IS THERE**

If you or someone you love needs help or support with alcohol – speak up. The national alcohol helpline is 0300 123 1110 and it is there if you need it.



### **ALCOHOL AND CHILDREN**

Keep children and young people safe. Make sure they don't have access to alcohol. And if you drink, try not to drink around them.



Visit [www.reducemyrisk.tv](http://www.reducemyrisk.tv) for lots of helpful tips, advice and support to keep your alcohol consumption down and reduce the risks to your health.