

Alcohol and Coronavirus COVID-19



Since the start of the COVID-19 crisis some people are drinking more at home. It is important to watch how much we are drinking at home as doing so can lead to drinking more alcohol than we normally would and drinking more often.

DRINKING ALCOHOL DURING THE COVID-19 CRISIS:

- Alcohol affects our physical health and lowers our immunity meaning if we get COVID-19 we may find it harder to fight off
- Drinking alcohol can affect our mental health and mood. This means we are more at risk of experiencing low mood, anxiety, depression, poor sleep and increased stress
- Drinking alcohol can affect our behaviour meaning we are less likely to remember to social distance and wash our hands properly

THERE ARE RECOMMENDED GUIDELINES FOR LOW RISK ALCOHOL USE:

1 standard drink contains 10grams of pure alcohol and takes one hour for our body to break down.

How much is too much?

Guidelines recommended that we spread our units out over the week.



Women should have **no more than 11** standard drinks per week

Men should have **no more than 17** standard drinks per week

It's important to know that a standard drink can vary, as you can see, the image shows that one pint of cider is 2 standard drinks and a normal size alcopop is one standard drink.



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STAY SAFE TIPS WHEN DRINKING AT HOME:

DOs



- Have a couple of alcohol-free days each week
- Don't bulk buy your alcohol as you are more likely to drink more
- Stay within your advised weekly limit
- Spread your drinks out over a period of time – for example one an hour and drink water in between
- Do not 'free pour' drinks – use a drink measure for example, a shot glass and know how many standard drinks are in your drink
- Keep mentally and physically active

DON'Ts



You should never drink when:

- You are pregnant
- Taking medication and have been advised not to drink
- If you are driving / operating machinery
- It is illegal for people under the age of 18 to drink

SUPPORTS

Link in with your Local Primary Health Care Project

- www.paveepoint.ie
- www.drugs.ie

HSE Drug and Alcohol Helpline

- 1800 459459
- helpline@hse.ie
- www.askaboutalcohol.ie



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