

Physical Health



Talk with friends and family about the risks of alcohol use and COVID-19.

Learn more at drugfreeCT.org



**Let's
#MentionPrevention**

Alcohol use affects the health of people of all ages. During the pandemic, these effects may increase your risk of infection, severe disease, or death from COVID-19. Alcohol use can:*

- Worsen lung damage and injury
- Lower your immune response to viruses
- Increase inflammation in many areas of the body
- Alter your thoughts, judgement, and decision making

*Source: [National Institute on Alcohol Abuse and Alcoholism](#)



There are many myths and misconceptions around alcohol use. During the pandemic, make sure you know the facts so you can make healthy choices. Alcohol use **DOES NOT** :*

- Kill any variant of COVID-19
- Reduce your chance of getting COVID-19
- Improve your immune system health

*Source: [World Health Organization](#)

There are clear steps you can take to stay healthy and safe during the pandemic:*

- 1 Wear a mask and follow social distancing guidelines
- 2 Exercise regularly, eat healthy, get plenty of sleep, and drink water
- 3 Talk with friends and family about the risks of alcohol use and COVID-19
- 4 Avoid or limit drinking so you can make decisions with a clear mind

*Source: [World Health Organization](#)



Let's #MentionPrevention

Learn more at drugfreeCT.org