

Parents



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

Learn more at drugfreeCT.org



**Let's
#MentionPrevention**

When you drink alcohol, you increase the health risks of COVID-19 for yourself and others. It's important to be aware of this during the pandemic. Talk about these risks often. We all have a role to play in keeping our friends and families healthy and safe.

RISKS

When kids see risky behavior from adults, it can lead them to their own unhealthy choices. Most teens say their parents are the main influence on their decisions about drinking alcohol.

The most common way for young people to access alcohol is in the home. Kids who are allowed to drink at home are more likely to have problems with alcohol later in life.

Concerns caused by the pandemic that may lead you to think about drinking:

- child care
- family safety
- finances
- job loss
- remote work
- stress

Alcohol use can cause anxiety and depression.

Alcohol use can cause reduced sleep and poor work performance.

When you drink, you're more likely to break social distancing guidelines. This puts you at risk of catching and spreading COVID-19.

ACTION STEPS

Role model good examples for kids and young adults. Talk with young people about the risks of alcohol and COVID-19.

Store alcohol safely and do not supply it to young people. Set clear rules around their use of alcohol.

Connect with family and friends to build a support system. Look for virtual support groups like those available from Alcoholics Anonymous (ct-aa.org) or Mental Health America (mhanational.org/find-support-groups).

Call your doctor or use telehealth services if you feel stress or anxiety.

Avoid or limit alcohol use. Exercise regularly. Drink water. Get plenty of sleep.

Keep drinking to a minimum. Make sure to wear a mask and follow social distancing guidelines.

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