

**Teens and Young Adults**



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

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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.

For young adults, there are unique risks to be aware of and action steps you can take to stay safe.\*

## RISKS

Isolation from family/friends and increased use of social media may affect mental health and drinking behavior/habits.

Alcohol use can increase stress and anxiety.

Alcohol use can cause reduced sleep and poor school performance.

Alcohol can have harmful effects when mixed with other substances.

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

Connect with friends and family often by phone or video. Take long breaks from social media each day.

Call your doctor, visit the campus health center, or use telehealth services if you feel stress or anxiety.

Avoid using alcohol. Exercise regularly. Drink water. Get plenty of sleep.

Don't mix alcohol with any prescription medications, over-the-counter medications, or illicit substances.

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

\*Sources: [National Institute on Alcohol Abuse and Alcoholism](#), [Centers for Disease Control and Prevention](#)

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