

Safer Drinking Tips During Covid-19

For Individuals

Due to Covid-19, you may have difficulty accessing alcohol.

Making a plan for safer drinking in case of reduced alcohol availability

Safer drinking during COVID-19 can include planning to:

- Drink your regular amount, but spread it out over time
- Slowly reduce the amount you drink each day
 - Count your drinks!
- Dilute your drinks with water or juice
- Drink beer instead of wine or wine instead of liquor

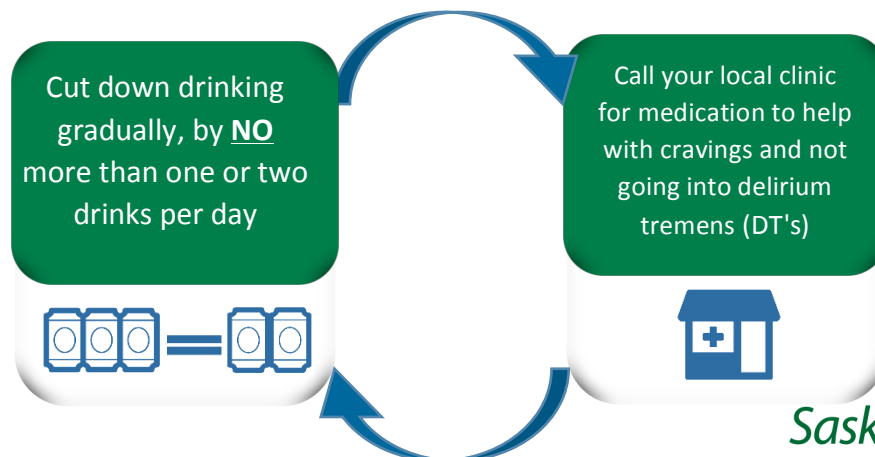


★ Do not share bottles or cups as COVID-19 can be transferred this way

Are you at serious risk of alcohol withdrawal?



If you answered **yes** to **any** of these questions you are considered **high risk**. Do not stop drinking suddenly, instead:



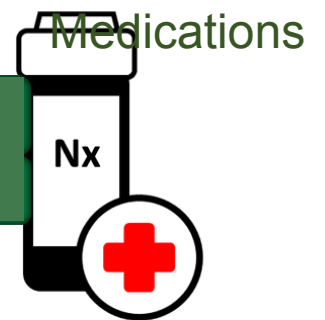
Buying alcohol



It will be easier not to binge drink if you have frequent deliveries of smaller amounts, for example, enough for one day.



There are medications that can help reduce alcohol cravings and medications to help reduce withdrawal symptoms. Call your clinic and talk to a doctor.



Need help to make a safer drinking plan or help for withdrawal?



Call **911** if you have: sudden chest pain, shortness of breath, or difficult breathing, OR if you are in severe withdrawal (shaking and sweating a lot) and have a history of seizures.

We would like to thank our partners at the University of Victoria for allowing us to adapt this document