

ALCOHOL USE DURING THE COVID-19 OUTBREAK



COVID-19 CAN INCREASE THE ANXIETY AND LONELINESS PEOPLE FACE EVERY DAY.

You, or someone you love, may be triggered to pick up a drink to cope with these uncertain times. For those who drink alcohol on a daily basis, limited access to their regular supply can also weaken the immune system, putting people at greater risk for getting COVID-19. Protect yourself and loved ones by:

RECOGNIZING ALCOHOL USE AND THE SIGNS OF WITHDRAWAL

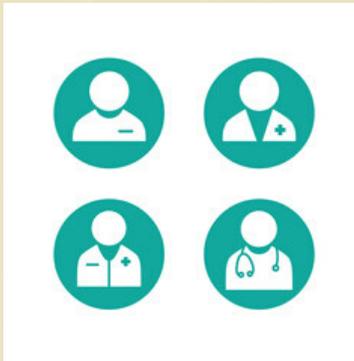
Symptoms of alcohol withdrawal include: **irritability, anxiety, agitation, being unable to sleep, upset stomach and vomiting.**

Severe symptoms of alcohol withdrawal include: **insomnia (being unable to sleep), hallucinations (seeing, hearing or feeling things that are not there), sweating, rapid heart rate, tremors (the shakes), seizures, delirium (being disoriented) and anxiety.**



WHILE IN ISOLATION IN COMMUNITY

1. Reach out to your family doctor or health centre (705-753-3312) if you experience any symptoms of alcohol withdrawal as listed above.
2. Gradually decrease your alcohol use rather than stopping your alcohol intake over the upcoming days and weeks.
3. Seek treatment from your family doctor or NFN Withdrawal Management Program (705-753-1375) to undergo monitored, medically-assisted alcohol detox.



HOME BREW: KEEPING SAFE

Home brew can have a high alcohol content and since you can't really know the percentage of how strong it is, it's important to start with a smaller amount. This can decrease the chance of an overdose. If you mix alcohol with other drugs, make sure you pick up a Naloxone kit at your health centre.



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