

Protect Your Health:

Limit Drinking During the COVID-19 Pandemic

Alcohol misuse is already a public health concern in the United States, and alcohol has the potential to further complicate the COVID-19 pandemic in multiple ways.

Increased stress can lead to increases in alcohol and substance use. If you or someone you care about is starting to use alcohol or other substances, or is increasing their use during the COVID-19 pandemic, here are a few suggestions that may help:



Locate virtual treatment and recovery programs.



Look into medication-assisted treatment for alcohol or opioid use disorders.



Take medicine as prescribed and continue your therapy, treatment or support appointments (in person or through telehealth services) when possible.



Call the National Drug and Alcohol Treatment Referral Routing Service (1-800-662-HELP) to speak with someone about an alcohol or substance use problem.



Contact your health care provider.



Source: Centers for Disease Control and Prevention

This infographic is intended for informational purposes only and should not be construed as medical or insurance advice. For medical advice, consult a doctor.

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