Avoid alcohol altogether
so that you do not undermine your own immune system and health and do not put at risk the health of others.

Reach out for help
if you think your drinking or the drinking of someone close to you is out of control.

Avoid alcohol as a social cue for smoking
and vice versa, as smoking is associated with more complicated and dangerous progression of COVID-19.

Discuss with children and young people the problems associated with drinking and COVID-19
such as violations of quarantine and physical distancing, which can make the pandemic worse.

Do not use alcohol as a way of dealing with your emotions and stress
as isolation and drinking may also increase the risk of suicide. Please call a health hotline if you have suicidal thoughts.

Never mix alcohol with medications
even herbal or over-the-counter remedies, as this could make them less effective, or it might increase their potency to a level where they become toxic and dangerous.

Make sure that children and young people do not have access to alcohol
and do not drink in their presence—be a role model. Monitor the screen time of your children, as TV and other media are flooded with alcohol advertising and misinformation that may stimulate early initiation and increased consumption.