



Sioux Lookout
First Nations
Health Authority

Alcohol Use & COVID-19

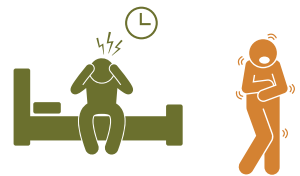
COVID-19 CAN INCREASE THE ANXIETY AND LONELINESS PEOPLE FACE EVERY DAY.

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 lead to withdrawal, which could be fatal. Alcohol and binge drinking can also weaken the immune system, putting people at greater risk for getting COVID-19. Protect yourself and loved ones by:

RECOGNIZING ALCOHOL USE & 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.



PREPARING FOR ISOLATION IN YOUR COMMUNITY



1. Reach out to your family doctor or nursing station 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 addictions specialist 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 nursing station.

