

COVID-19

Coronavirus Disease



BETTER
Health
FOR BELIZE

Alcohol Use and COVID-19

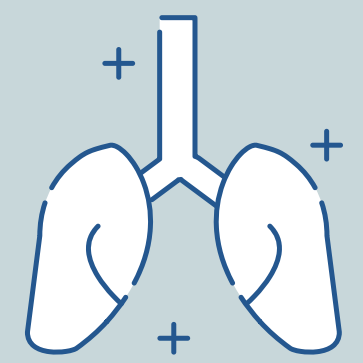
Alcohol cannot prevent or treat COVID-19.

Drinking alcohol is harmful and WILL NOT protect you from COVID-19.



Drinking alcohol raises your risk of COVID-19 infection:

- It weakens the immune system lowering the ability to fight infections.
- Alcohol use may increase during quarantine and isolation, leading to violence and abuse.



To protect yourself and those you love:

- Keep your immune system strong by avoiding alcohol use.
- Instead, spend your money on nutritious foods that will keep your body healthy.
- Never mix alcohol with medications.
- Stay sober so that you can act quickly make decisions with a clear head.
- Stay away from bars, night clubs, casinos and homes where people gather to drink alcohol.



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