

# Alcohol and the Immune System: Another COVID-19 Risk Factor

Studies show an increase in alcohol purchasing and consumption since the onset of the COVID-19 pandemic. Isolation, state laws relaxing alcohol purchase, and inability to readily access support groups are all contributing factors.

## Remember:

- Alcohol increases inflammation in the body
- Alcohol interferes with the body's immune response
- Alcohol use can increase the risk of acute respiratory distress syndrome and pneumonia

## Excessive drinking levels are defined as:

### Women

8 or more drinks a week 

4 or more drinks within 2-3 hours 

### Men

15 or more drinks a week 

5 or more drinks within 2-3 hours 

### Pregnant Women



Any alcohol use

### Under 21



Any alcohol use

## Instead, try healthier strategies to cope:



Take breaks



Exercise



Stick to a sleep schedule



Eat a rainbow of fruits and vegetables



Seek help  
(FindTreatment.gov)



Reduce or avoid alcohol