

# 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.

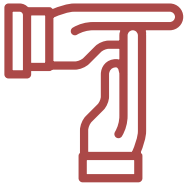





## Remember:

- 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:

<p><b>Women</b></p> <p>8 or more drinks a week </p> <p>4 or more drinks within 2-3 hours </p>	<p><b>Pregnant Women</b></p> <p> Any alcohol use</p> <p><b>Under 21</b></p> <p> Any alcohol use</p>
<p><b>Men</b></p> <p>15 or more drinks a week </p> <p>5 or more drinks within 2-3 hours </p>	

## 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
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### References: