

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 

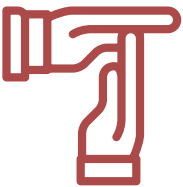
Pregnant Women



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