COVID-19, ALCOHOL and CANNABIS USE

There are increased risks associated with alcohol and cannabis use during the COVID-19 pandemic.

WHAT YOU SHOULD KNOW

Alcohol, cannabis use and the immune system:

Excessive or high-risk cannabis and alcohol use* can weaken your immune system and make you more susceptible to COVID-19 and other illness.

The conditions around COVID-19 may lead people to increase alcohol and cannabis use due to:

- Feeling stress and anxiety from the pandemic and economic downturn
- Feelings of social isolation and loneliness due to physical distancing
- Blurring of daily and weekly routines because of the closing of non-essential workplaces
- More alcohol and cannabis in the home from stockpiling

* For more information on reducing risk, see Canada’s Low-Risk Alcohol Drinking Guidelines and Canada’s Lower-Risk Cannabis Use Guidelines.

If you are seeking support for substance use visit, www.ccsa.ca/addictions-treatment-helplines-canada

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Canadian Centre on Substance Use and Addiction (2020). COVID-19 and cannabis smoking and vaping: Four things you should know. Ottawa, Ont.: Canadian Centre on Substance Use and Addiction.


For more information visit www.ccsa.ca/Impacts-COVID-19-Substance-Use

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