

# Coronavirus COVID-19



## Advice on reducing harm for people with alcohol related problems

Alcohol weakens your defence against viruses.



If you are thinking about cutting down or stopping alcohol, contact your GP for advice. This is so you can cut back safely and avoid withdrawal symptoms.



Stay in touch with alcohol services and your own personal and trusted recovery network. Several support groups like AA, SMART Recovery and Life Ring are available online.



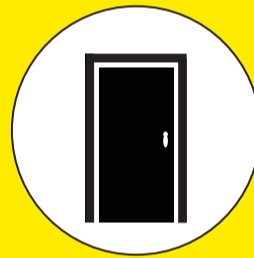
Keep a record of how much you are drinking. If you can, allow at least 2-3 alcohol free days per week to give your liver a rest.



Little things can help your mental health. Create a routine by getting up, staying active and eating at regular times.



Don't stockpile alcohol – you may drink more.



Stay indoors as much as possible and limit your contact with people not in your household. Keep at least 2 metres (6 feet) away from other people if you go outside.



Don't mix alcohol with other drugs or medicines.



Follow the general advice about washing your hands. Clean surfaces and glasses or bottles before and after you drink.



Be aware of how your drinking behaviour may be affecting others. Try to avoid drinking until children have gone to bed.



If you have a high temperature, breathing difficulties, shortness of breath or a cough, phone your GP and self-isolate.

Visit [HSE.ie](https://www.hse.ie) for updated factual information and advice on COVID-19

Visit [drugs.ie](https://www.drugs.ie) for information on drug and alcohol services available during COVID-19

Call the **HSE Drug and Alcohol Helpline** on **1800 459 459** or email [helpline@hse.ie](mailto:helpline@hse.ie)

Visit [askaboutalcohol.ie](https://www.askaboutalcohol.ie) for alcohol information and tools to assess your drinking

Protection from coronavirus.  
It's in our hands.



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