

COVID19 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:

The conditions around COVID19 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**

www.princeedwardisland.ca/MHA

PrinceEdwardIsland.ca/COVID19

COVID19
PEI Information Line **1-833-533-9333**

