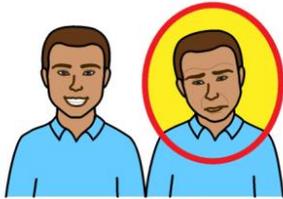
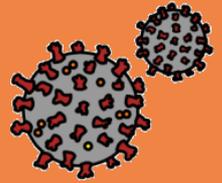


Alcohol and staying healthy during COVID-19



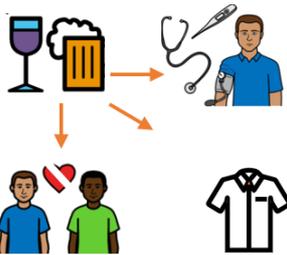
- Your life during COVID-19 might have changed.



- You might feel worried about your health, money, job, relationships, or what is happening.



- You might feel lonely or have more time at home. It is important that you look after yourself and others.



- Some people may be drinking more alcohol. This can impact your health, work, and relationships.

There are things you can do to stay healthy



- Stay connected with friends, family, and your doctor.



- Have a healthy routine for at home.



- Use your free time to be active or find a new activity to try.



- The healthiest option is not to drink any alcohol.



- Drinking alcohol is never completely safe. For some people, not drinking alcohol is the safest thing to do.

How to prevent harm if you do drink alcohol



- Be aware of how much alcohol you are drinking each day.



- Do not drink more than 10 standard drinks in a week or more than 4 standard drinks in a day.



- Do not buy more alcohol than you need.



- Find ideas to see your friends and family that do not involve alcohol.



- Do not drink alcohol in front of children.

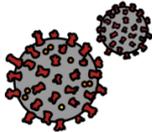


- Get help as soon as possible if alcohol starts to impact your life.

What is one standard drink?



Alcohol and COVID-19



- Drinking alcohol will not keep you safe from COVID-19. Drinking alcohol may mean you are at higher-risk of getting sick from COVID-19 and other diseases.



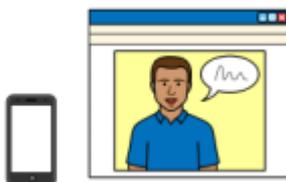
- Lots of companies that sell alcohol are trying to get people to buy more alcohol during COVID-19. They might try to tell you that drinking alcohol will help you feel better. This is not true.



- Drinking alcohol does not help if you are worried or stressed. Drinking alcohol can make these feelings worse.



- Alcohol support services are still open during COVID-19 restrictions.



- You can get help on the phone or online.

Where to find out more



There is lots of information about managing, reducing, or stopping your alcohol use:



Hello Sunday Morning

1300 403 196

www.hellosundaymorning.org/



Alcohol and Drug Foundation

1300 85 85 84

www.adf.org.au

Where to get help



- There are services that can help if you are worried about your alcohol use. Some of them can help you on the phone or online.



- **SECADA**
SECADA is the main intake service for help with drugs and alcohol for south east Melbourne. If you live within the City of Casey, Cardinia Shire Council or City of Greater Dandenong you can call SECADA.
1800 142 536



- **DirectLine**
DirectLine can provide alcohol and drug counselling and referrals for all Victorians. They can do this on the phone or online. DirectLine is open all day, every day.
1800 888 236