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| Alcohol and Covid-19 | | | |
| The dangerous link between alcohol and Covid-19 | | |
| Alcohol may increase your risk of severe symptoms | | |
| * Heavy use of alcohol increases the risk of acute respiratory distress syndrome (ARDS), one of the most severe complications of COVID-19 * Alcohol weakens the immune system and can increase vulnerability to infections including COVID-19 * If you drink, avoid becoming intoxicated and follow the low risk guidelines suggested by the CDC.   www.cdc.gov/alcohol/fact-sheets/moderate-drinking.htm   * Make sure that children and young people do not have access to alcohol * Be a positive role model to youth. They are watching what you do | | |
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