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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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