

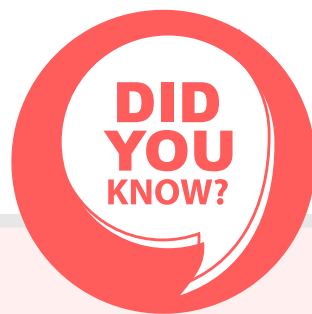
Keeping **YOU**th Connected

APRIL 2020 // WEEK 3 // PAGE 1

What You Need To Know About Alcohol and COVID-19

YOUth can be a leader, mentor and role model in your community! Alcohol can lead to bad decisions, make you feel more sad, create more anxiety and put you at risk.

If you are drinking or know of someone who is, this is what you should know about Alcohol & COVID-19



FACTS

Alcohol use, especially heavy use, **weakens the immune system** and reduces the ability to cope with infectious diseases.

Heavy use of alcohol **increases the risk of acute respiratory distress syndrome (ARDS)**, one of the most severe complications of COVID-19.

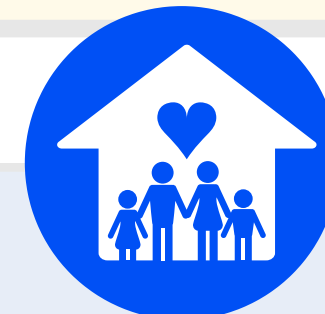
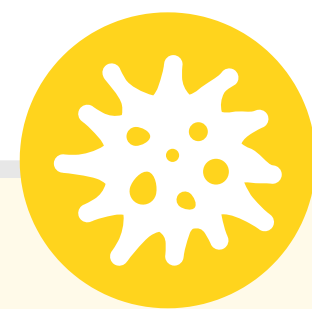
When heading out to parties and drinking, people may not be making the best choices. **This is putting family, friends and the community at risk.**

Be the leader, mentor and role model

MYTHS

Myth: Consuming alcohol will destroy the virus. **Consuming alcohol will not destroy the virus** and likely to increase chances to become infected.

Myth: Alcohol stimulates immunity and resistance to the virus. **Alcohol actually has a harmful effect on the immune system** and will not help fight off the virus.



WHAT TO DO

Stay sober to remain aware, act quickly and make decisions with a clear head, for yourself and others in your family and community.

Use your time to be healthy (mentally & physically). Stay virtually connected with family and friends - keep each other motivated and make plans for your future.

If someone you know is drinking too much and becoming aggressive or hurtful, you can **help them by seeking support** to protect yourself, them, your family and your community.

WHAT NOT TO DO

Never mix alcohol with medications, this could make them less effective, or might increase their potency to a level where they become toxic and dangerous.

Don't use alcohol to help you cope with stress. Alcohol is not a good coping mechanism and can increase symptoms of panic, anxiety disorders, depression and risk of violence.



ALCOHOL AND ISOLATION TIPS

Instead of consuming alcohol to pass time at home, try an indoor workout. Physical activity strengthens the immune system.

Try and maintain a daily routine as much as you can, focus on things that you can control and try to keep grounded.

Although it might feel like it sometimes, **know that this is not going to last forever** and that you are being smart and doing your part to protect yourself and others.



IT IS OKAY TO SEEK HELP

You are not alone! You can reach out to counsellors and online support groups. Contact health centre for supports.

First Nations & Inuit Hope for Wellness: 1-855-242-3310 or chat online at www.hopeforwellness.ca (24 hours in Cree & English)

Peace River Mental Health & Addictions: 1-780-624-6151

AHS Addictions & Smokers Help Line: 1-866-332-2322

Kids Help Phone : 1-800-668-6868 or text CONNECT to 686868 (24 hours)



NEED TO TALK? SUPPORT IS AVAILABLE!
Contact your health centre for counselling supports.

Keeping **YOU**th Connected

APRIL 2020 // WEEK 3 // PAGE 2
Activities for Youth

Cree WORD OF THE WEEK

Tandi Nihskoottaghi

Where is my jacket?

CHALLENGE OF THE WEEK

Do a kind thing this week that will make someone you care about smile and feel happy! Send a text, a video, or do something extra to help around the house. Making someone else happy, will also make you happy.

Did you Know....

That laughing is good for your health and is a stress reliever! Try these things:

- **Belly Laugh:** start laughing and continue for 60 seconds, you will find that it's contagious to you and those around you.
- Put on a funny comedy show for your family or tell them jokes.
- Watch a funny movie and allow yourself to really laugh.
- Read a funny book.
- Play a game with your family that will get everyone laughing like: charades or pictionary.
- Check out laughter exercises online and share them with your family and friends. You can even set up a video call and do the exercises together.



GAME OF THE WEEK



Find 8 differences between the 2 pictures



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