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:**

Excessive or high-risk cannabis and alcohol use can weaken your immune system and make you more susceptible to COVID-19 and other illness.

**The conditions around COVID-19 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.

→ Feelings of stress and anxiety are normal. To learn the signs and how to cope, see Coping With Stress, Anxiety, and Substance Use During COVID-19.

→ If you are seeking support for substance use, visit www.ccsa.ca/addictions-treatment-helplines-canada.

→ For more information on alcohol and the immune system, see COVID-19, Alcohol and Cannabis Use.

For more information visit www.ccsa.ca/Impacts-COVID-19-Substance-Use

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