

SUBSTANCE USE IN CANADA DURING COVID-19

Since the onset of COVID-19, a concerning number have reported binge drinking or increased consumption. Following low-risk guidelines can be helpful in managing use.

Strategies

Plan non-consumption days

To avoid developing habitual use.



Plan other activities

To avoid boredom
To connect
To distract
To calm

Set Limits and Stick to them

Try not exceed recommended healthy guidelines.



Establish safe practices

Limit cannabis use. When smoking, avoid inhaling deeply.
Choose products with lower THC content.
Choose other forms to avoid medical issues.

Avoid stockpiling

...alcohol, Drugs, etc., to avoid temptation and over-consumption



Eat Before, During and After

...to avoid hyper-intoxication, blackouts

Guidelines

Type of Alcohol

"One Drink" Guidelines

Beer	341 ml (12 oz.) with a 5% alcohol content
Cooler/Cider	341 ml (12 oz.) with a 5% alcohol content
Wine	142 ml (5 oz.) with a 12% alcohol content
Distilled Alcohol	43 ml (1.5 oz.) with a 40% alcohol content

Guidelines by Gender

Adult Females: <10 drinks/ week (no more than 2/day)
Adult Males: <15 drinks/ week (no more than 3/day)
Youth (15-24): <2/week
Cannabis use: 16+, 1 time per week