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.

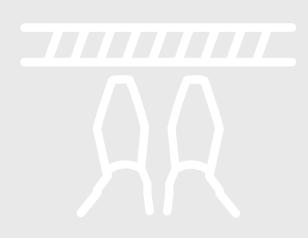
Strategies

Plan non-consumption days

To avoid developing habitual use.

Set Limits and Stick to them

Try not exceed recommended healthy guidelines.



Avoid stockpiling

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

Plan other activities

To avoid boredom To connect To distract To calm

Establish safe practices

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

Eat Before, During and After

...to avoid hyper-intoxication, blackouts

Guidelines

"One Drink" Guidelines Type of Alcohol

341 ml (12 oz.) with a 5% alcohol content Beer

341 ml (12 oz.) with a 5% alcohol content Cooler/Cider

142 ml (5 oz.) with a 12% alcohol content Wine

43 ml (1.5 oz.) with a 40% alcohol content Distilled Alcohol

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







