

3-30-2021

Drinking Alcohol Will NOT Protect You Against COVID-19

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Recommended Citation

Alkhalili, Osama; Cabasa, Kiana; Chohan, Sikander; Conway, Carly; Huynh, David; and Keinath, Cassandra, "Drinking Alcohol Will NOT Protect You Against COVID-19" (2021). *COVID-19 Medical Myth Infographics*. 20.

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Safe, Healthy, and Effective Alternatives to Protect You

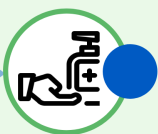


School of Medicine



Alcohol Consumption Does NOT Protect You Against COVID-19

- Drinking alcohol does NOT kill the virus if it is already in your body.
- Drinking alcohol can actually increase your risk of having a severe COVID-19 infection.



Drinking Hand Sanitizer is Dangerous

- Some hand sanitizers have ingredients that are extremely dangerous.
- Consumption can cause headaches, stomach damage, nausea, vomiting and even blindness.



Be Strong Against COVID-19. Alcohol Makes You Weak

- Alcohol consumption actually *weakens* your immune system.
- Drinking alcohol during quarantine increases the risk of violence and injury.



Long-term Alcohol Consumption Causes Serious Health Problems

- Excessive alcohol consumption can cause high blood pressure, liver and lung disease, stroke, and memory problems.
- Lung problems make COVID-19 worse if you contract it because COVID-19 is a respiratory illness.



Wear a Mask

The CDC recommends wearing masks with two or more layers to stop the spread of COVID-19. Keep the mask secured over your nose and mouth, as this protects you from coming into contact with droplets and splashes that contain COVID-19.

Masks also prevent you from spreading your germs to others.



Wash Your Hands

Frequently washing your hands is an easy way to stop the spread of germs.

The CDC recommends lathering the backs of your hands, between your fingers, and under your nails. You should scrub your hands for at least 20 seconds.



Practice Social Distancing

COVID-19 spreads through droplets from coughing and sneezing. If you stay at least 6 ft away from others when in public, there is less chance of you coming into contact with these droplets.

What to do if you feel sick...



Call 911 if you have a life threatening emergency



If you feel sick, stay home and call your primary medical care provider



If you have been exposed to someone with COVID-19, begin to self-quarantine and follow up with your healthcare provider



Monitor your symptoms for fever, cough, difficulty breathing, and muscle aches