



Alcohol and tobacco use during COVID-19

Smoking and drinking alcohol are common ways some of us cope with stress, uncertainty or boredom, and the COVID-19 pandemic is certainly causing a lot of that right now. It's normal to be stressed under these circumstances and reaching for a drink or a cigarette can feel like an escape. But there are things you can do to ensure we all come out okay when things go back to normal.

Flatten the curve



Keep to the social distancing rules, even when drinking or smoking.

Avoid sharing drinks or smokes with others, and wash your hands before touching your face or anything that will go near your mouth, like a cigarette or wine glass.



Think about it

Be aware of your alcohol and tobacco use - it's easy to drink or smoke more than you used to without really noticing.

Avoid the temptation to stockpile alcohol or cigarettes, try to monitor your use and turn your attention to other things you enjoy.

Know the risks



Both drinking alcohol and smoking can cause breathing issues, which can put you at higher risk of serious COVID-19 complications.

Increasing the amount of alcohol you're drinking and how often you're drinking can lead to greater tolerance and dependence.

Being dependent on alcohol will not only affect your health but also your relationships.



Talk about it

If you're drinking or smoking more, consider quitting or at least cutting back, and reach out to friends, family or support services.

Also look out for those around you and don't be afraid to have a gentle conversation with a loved one.

Seek support

Alcohol and Drug Information Service **1800 811 994**

Family Drug Support **1300 368 186**

Alcohol and Drug Services (Government) **1300 139 641**

Quitline **13 7848**

Tasmanian Service Directory atdc.org.au/service-directory

No Harm, No Discrimination

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