

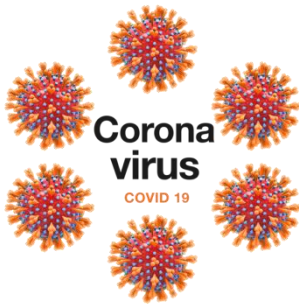
Staying healthy during coronavirus and the affects of alcohol



This document was written by **Public Health Wales**. It is an easy read version of information about alcohol and staying healthy during coronavirus.

April 2020

Keeping healthy and alcohol



This leaflet is about alcohol and keeping healthy during coronavirus.



Are you drinking more alcohol?



The more alcohol we drink the more it affects our chances of fighting off germs and viruses. Like coronavirus.



This can mean we are more likely to get ill from germs and viruses.



Drinking alcohol can also affect how your medicine works. And it can stop medicine from working at all.

Guidelines for drinking alcohol



Most people follow these guidelines from the Government:



- Drink **less than** 14 **units** a week. The healthiest thing is to not drink at all.



A **unit** is a measure of alcohol. Some drinks have more **units** of alcohol than others. It depends on how big the drink is. And how strong it is.

14 **units** is around 6 pints of beer. Or 1 and a half bottles of wine.



- If you drink alcohol, spread it out over 3 days of the week. Have days where you drink no alcohol.



- If you are pregnant or think you might be pregnant, it is better not to drink at all. Drinking alcohol when you are pregnant can harm you and your baby.

Drinking less alcohol can help you:



- sleep better and feel like you have more energy



- feel better and happier



- lose weight



- have less chance of having an accident and getting hurt



- have less chance of getting into fights



- save money.

Tips for drinking less alcohol

This is what other people do to drink less



- Swap your normal size drink for a smaller drink.
- Choose a drink with less alcohol in it.
- Do not drink alcohol every day of the week.
- Do not drink in the day time.
- Always eat food before you drink.
- Do not keep alcohol in the house.
- Stop drinking alcohol all together.

Getting help

You can get more help and information on drinking less and coronavirus from:



Change 4 life: www.nhs.uk/change4life



NHS:

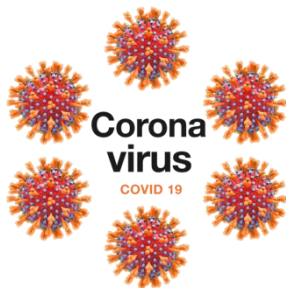
www.nhsdirect.wales.nhs.uk/LiveWell/LifestyleWellbeing/Alcohol



DAN 24/7 free drug and alcohol helpline:

Phone: 0808 808 2234

Website: www.dan247.org.uk



Get the latest information on Coronavirus on our website here:

phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19



This information is in easy read. It is from the Public Health Wales website:

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/staying-well-at-home/keeping-physically-well/alcohol/>



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