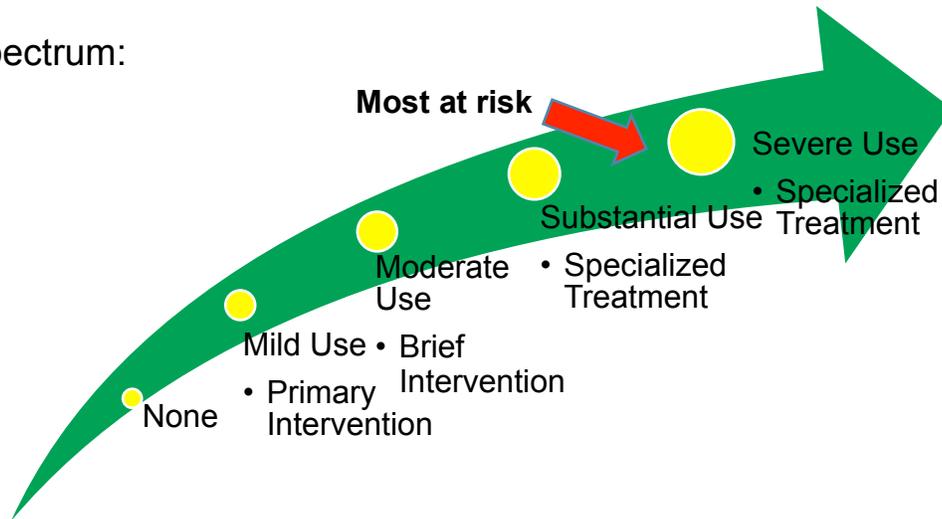


Safer Drinking Tips During Covid-19

For Communities

Due to the COVID-19 crisis access to alcohol may be limited in your community and there may be individuals who are at serious risk of harm due to alcohol withdrawal. Below is some information to support community leadership in developing harm reduction plans.

Alcohol Use Spectrum:

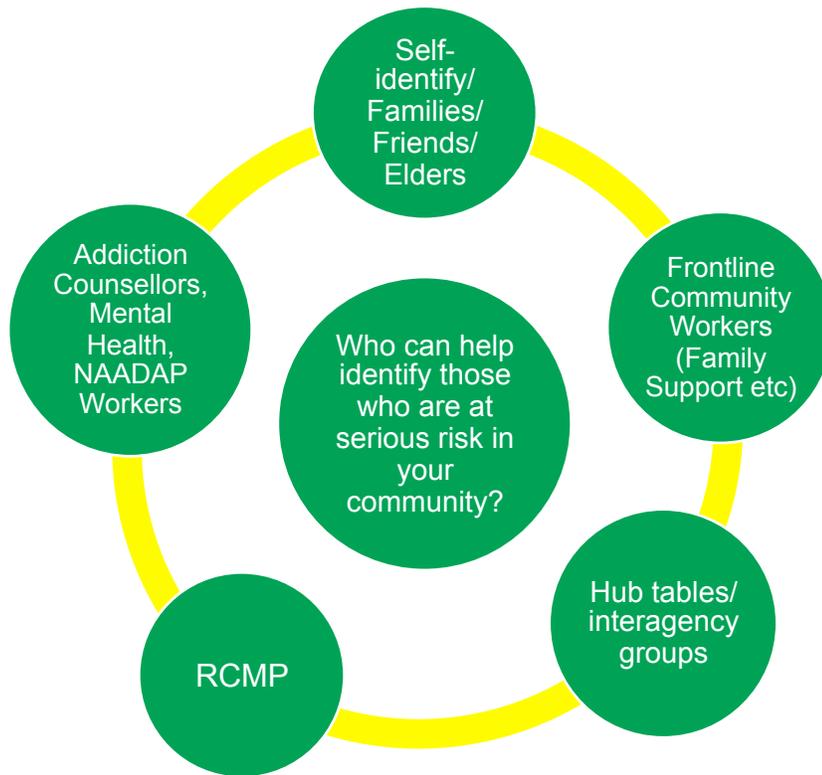


When access to alcohol is restricted (partially or entirely) this will drastically impact the health of those who are alcohol dependent in your community. These individuals will require medical intervention and could exhibit symptoms that are life threatening.

Who is at serious risk of alcohol withdrawal in your community?

They drink more than one bottle of liquor, three bottles of wine, or a case of beer per day	They have had seizures from alcohol withdrawal before	They have had hallucinations (seeing or hearing things) from alcohol withdrawal before	They shake, sweat or feel nauseus and vomit when they wake up in the morning
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Restricting or limiting access could also result in individuals making home brew or drinking non beverage alcohol (sanitizer, cleaning products, hairspray, mouthwash) which is extremely harmful to our health. Consider a collaborative, community-based approach to identify and support those who are high risk.



If keeping your community safe involves restricting or limiting access here are some ways you can support those who are alcohol dependent and are at high risk of withdrawal.

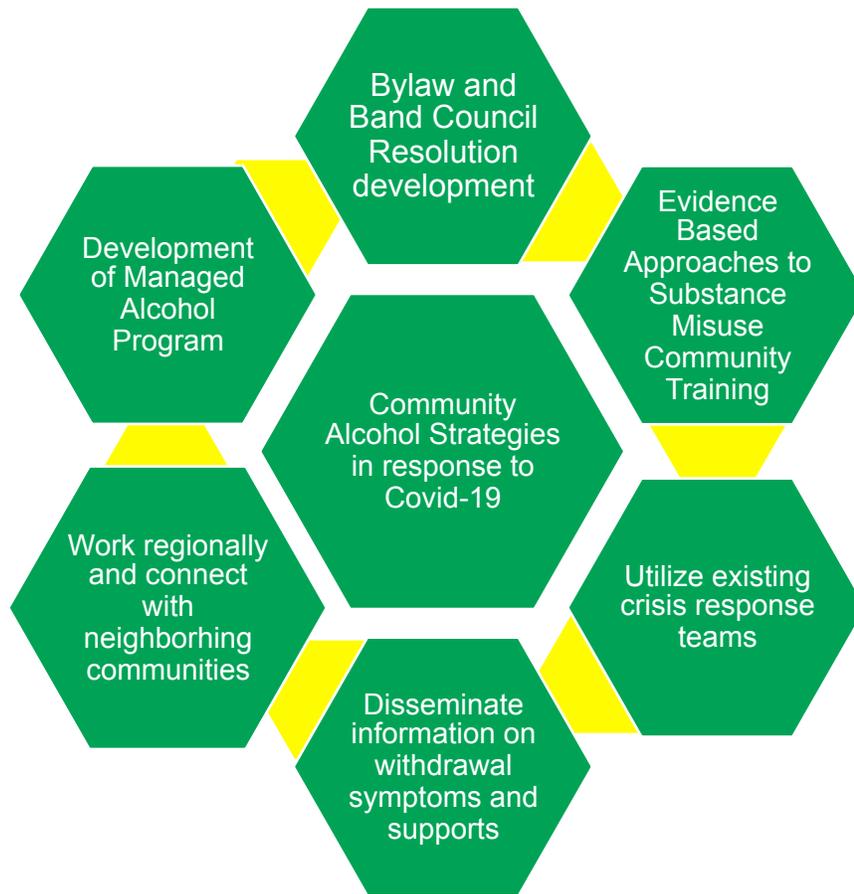
How can community leaders support community members at high risk?				
Support individuals in accessing medical interventions like prescriptions to reduce cravings	Create individual harm reduction plans to slowly reduce alcohol intake each day	Involve Elders, community outreach workers and addiction workers to support these individuals	Support community agencies in providing a safe supply of alcohol to high risk individuals (Managed Alcohol Program)	Engage with the Northern Alcohol Strategy team to consult on different community led approaches

How could a community member cut down?

Drink their usual amount, but not all at once. Spread it out over the day

Slowly reduce the amount of alcohol they drink each day by one or two drinks

Drink beer instead of wine, or drink wine instead of hard liquor



If you would like to consult on strategies your community can take in reducing alcohol related harms please contact someone from the Alcohol Strategy team:

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