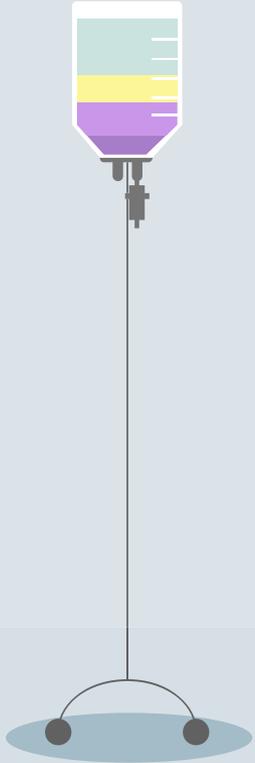


Alcohol & Covid 19

Dr. John Dillett
Consultant Psychiatrist
BSc, MBBS, DM, MSc (Hons)



TABLE OF CONTENTS



01

Changes in
Purchasing Habits

02

Health & Social Risks
Associated with Alcohol
& COVID-19

03

Alcohol & the Risks
of Covid 19 Infections

04

Alcohol & it's Burden
on the Community

Changes in Purchasing Habits

COVID-19 is having an unprecedented impact on everyone's day to day life, including the way we drink alcohol. Some jurisdictions have relaxed alcohol licensing restrictions, while others have made them more harsh.

Alcohol consumption via take away and delivery and online ordering are new ways in which persons now have access to alcohol during the pandemic.



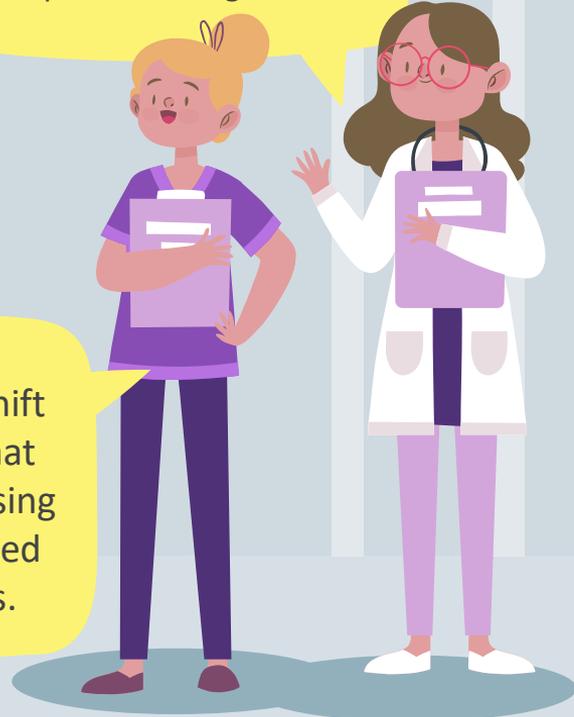
Let's explore how this has affected purchasing habits



Online retailers in Australia & USA, have reported an increase in sales ranging from 50% to 500% over the same period compared to 2019.

As alcohol markets shift we are concerned that alcohol will be increasing available to intoxicated persons and minors.

Delivery practices found 69% of delivery vendors advertised the willingness to leave alcohol unattended at an address without verifying the purchasers age.



Let's explore how this has affected purchasing habits

20% of purchasers of on-demand alcohol delivery reported that their motivation for using the service was because they were over the blood alcohol limit to drive.



36% of service users said they would have had to stop drinking alcohol if the delivery service was not available.

Only 20% of retailers stated on their website a policy to refuse delivery of alcohol to intoxicated persons.

Health & Social Risks Associated with Alcohol & COVID-19

Health Risks

1. People who drink alcohol to deal with stress can cause or intensify mental health issues, such as anxiety and depression.
2. Regular drinking leads to increased tolerance. Increasing the risk of alcohol dependence.
3. Alcohol is known to interfere with sleep patterns, which can cause irritability or feelings of anxiety the following day.
4. Consuming alcohol in home settings may cause an escalation in domestic violence. Resulting in injuries, self-harm and child abuse.
5. Increase in alcohol consumption may cause alcohol related difficulties such as poisonings and cardiovascular emergencies.

Social Risks

1. Persons divert limited economic resources to procure alcohol, instead of buying essential items.
2. Alcohol drinking may become normal/routine for online socializing.
3. Promoting online events during which alcohol consumption is normalized may multiply drinking occasions and increase overall drinking.
4. Health workers may increase their alcohol consumption as a way of dealing with stress and increased work load.
5. Children and adolescents may have easy access to alcohol stockpiled at home and be more exposed to their parents drinking.

Alcohol & the Risks of COVID-19 Infections

Mental Health

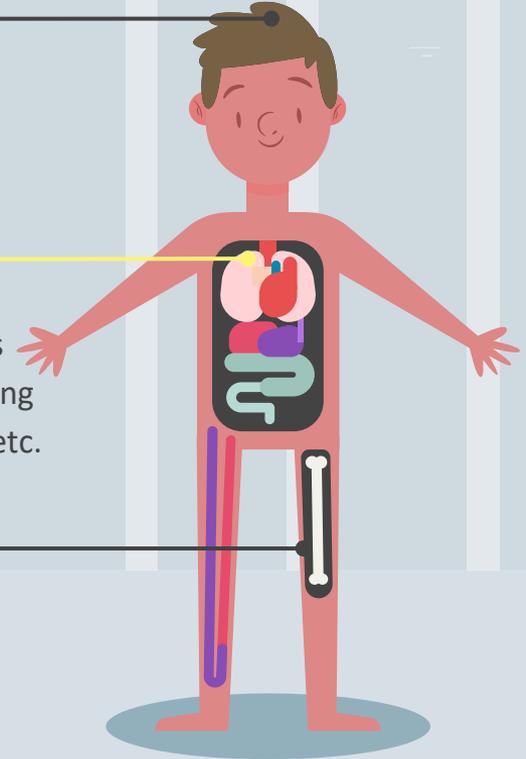
Abnormal Alcohol Use increases the risk of mental health disorders, such as anxiety, depression and psychosis.

Immune System

Alcohol reduces the effectiveness of the body's immune system, making it less able to fight off lung infections, such as pneumonia, COVID-19, ARDS, etc.

Social Health

Alcohol can cause disinhibition which results in poor decision making, which can include not wearing masks or adhering to social distancing.



Alcohol & the Burden on the Community

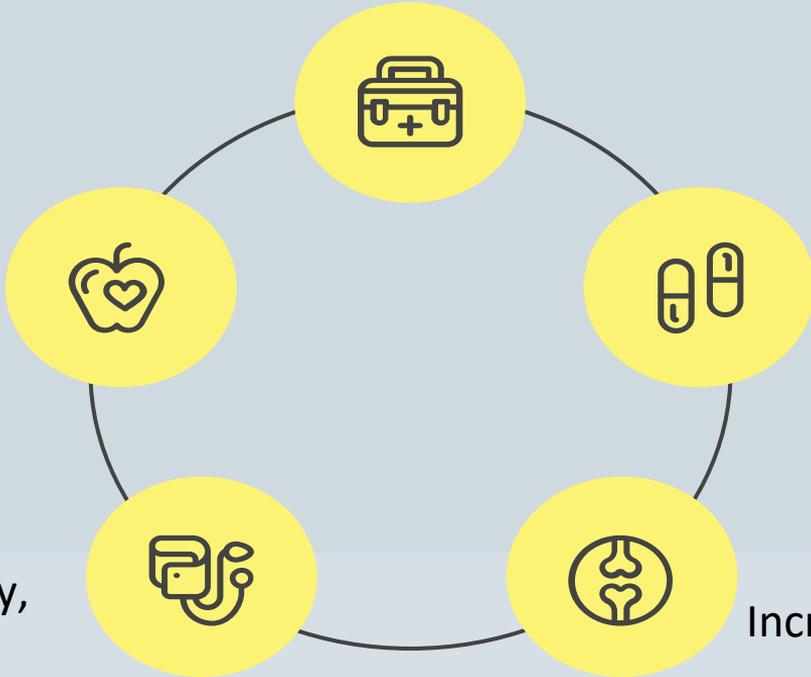
Rising Levels of Stress & Isolation

Difficulty in Accessing Services & Support Groups during COVID-19

Misuse of Alcohol and Other Related Substances

Negative Impact on Family, Friends, Co workers and Neighbors

Increased Severity of Illness



Resources

- (1) Covid-19 and Alcohol in Australia: Industry Changes and Public HEALTH Impacts by Stephanie Colbert
- (2) Frequently asked questions about Alcohol and Covid-19 by the World Health Organization (Regional Office Europe)



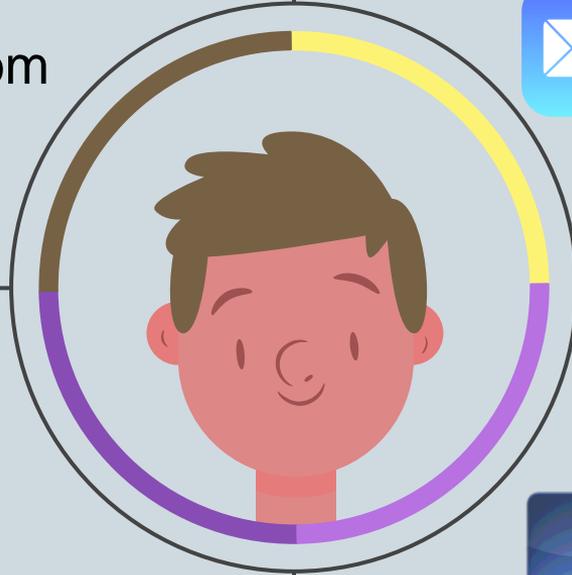
THANK YOU



www.johndillett.com



drjohn@johndillett.com



Dr. John Dillett – Psychiatrist



[drjohndillett_psychiatrist](https://www.instagram.com/drjohndillett_psychiatrist)



(243) 327-3633