



## Alcohol During COVID-19 Fact Sheet

### Statistics:

- Over 1/2 of students say they have drunk in the past month.
- Over 1/3 of students say they have binge drank before.
- 1 in 4 college students say they have experienced academic problems because of their drinking.

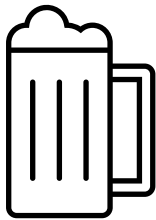
### What is binge drinking?

- Drinking to where your blood alcohol concentration (BAC) is at or above 0.08% or higher.
- Usually takes 5 drinks for men and 4 drinks for women in about 2 hours.

### Consequences of alcohol:

- Legal problems, like MIPs or DUIs
- Academic problems
  - More likely to miss classes and do poorly on assignments and exams
- Health problems
  - Accidents and injuries
  - STIs and unplanned pregnancies
  - Long term health problems
    - High blood pressure, heart disease, and cancer

### How much is a drink?



12oz of 5% beer



5oz of 12% wine



1.5oz of 40% liquor

### Have a plan:

- Do not drive after drinking
- Do not get in a car with someone who has been drinking
- Use Uber, Lyft, or a designated driver



## COVID-19 Myths and Facts:

Myth: Since alcohol is used in hand sanitizer, it kills COVID-19 when I drink.

- No, although ethanol of at least 60% in hand sanitizer is a disinfectant on the skin, it does not work when ingested as alcohol. Drinking alcohol does not destroy the virus.

Myth: Alcohol protects me from COVID-19.

- No, alcohol does not offer any protection against COVID-19. Alcohol weakens your immune system and lowers judgement and inhibitions, making you less likely to follow CDC guidelines, like wearing your mask and social distancing.  
→ alcohol increases your risk of contracting COVID-19.

Find out more about COVID-19 and alcohol at:

[https://www.euro.who.int/\\_data/assets/pdf\\_file/0010/437608/Alcohol-and-COVID-19-what-you-need-to-know.pdf](https://www.euro.who.int/_data/assets/pdf_file/0010/437608/Alcohol-and-COVID-19-what-you-need-to-know.pdf)

## Alcohol Resources:

- echeckup to go
  - A confidential assessment of your drinking
  - <https://interwork.sdsu.edu/echeckup/usa/alc/coll/index.php?id=wayne>
- Wayne State University Counseling and Psychological Services (CAPS)
  - Free and confidential
  - 552 Student Center Building, Detroit, MI 48202 | 313-577-3398 |  
Crisis/information line (nights/weekends/university closures): 313-577-9982
  - <https://caps.wayne.edu>
- Alcoholics Anonymous (AA) of Southeast Michigan
  - <https://aa-semi.org>
- SAMHSA's National Helpline
  - [1-800-662-HELP \(4357\)](https://www.samhsa.gov/1-800-662-HELP)
- NIAAA Alcohol Treatment Navigator
  - <https://alcoholtreatment.niaaa.nih.gov/how-to-find-alcohol-treatment>

**WSU Campus Health Center | <http://health.wayne.edu> | 313-577-5041 |  
[campushealth@wayne.edu](mailto:campushealth@wayne.edu)**