

Press Release

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FOR IMMEDIATE RELEASE CONTACT:

Dr. Sharon Harris

516- 676-2008

safeglencove@yahoo.com

SAFE Glen Cove Coalition: Resist Using Marijuana and Alcohol during COVID-19

Experts advise against using substances such as marijuana or alcohol to help reduce stress, anxiety, and loneliness while social distancing during the COVID-19 outbreak. In the context of the COVID-19 pandemic, these behaviors can present additional problems.

A recent article in Healthline discusses how Marijuana and other inhaled substances including cigarettes and e-cigarettes or vaping devices can be acutely dangerous because of the stress they place on the pulmonary system. Alcohol use can affect the general health of the body, leading to potential outcomes like sleeping less, and a weakened immune system.

As feelings of anxiety, depression, or sheer boredom mount due to the growing pandemic of the coronavirus and COVID-19, the desire to turn to drugs and alcohol as a coping mechanism could become more problematic.

Experts warn against self-medicating during these stressful times for a multitude of reasons. In cities across the nation, citizens are increasingly living under “shelter-in-place” or lockdown mandates that have closed businesses, limited social gatherings, and urged self-quarantine. People might opt for the occasional beer or joint amidst the loneliness and existential stress of this historic moment, but individuals should be mindful of their consumption.

While having a beer or a glass of wine with dinner a couple of nights a week won’t commonly cause additional issues, higher levels of consumption can lead to bigger issues. Self-medication and substance use can already be problematic for many people in everyday life. They typically appear as quick-fix solutions that may help with anxiety or depression in the short term, but ultimately lead to further issues and instability. Within the context of the COVID-19 pandemic, these behaviors can present additional problems.

Healthline Media, Inc. is an American website and provider of health information covers all facets of physical and mental health. For more information please visit www.healthline.com.

The SAFE Glen Cove Coalition is concerned about COVID-19 and its consequences and would like to connect the public to important resources for individuals, families, youth and health care providers. For

more information and resources, please visit the Keeping Glen Cove SAFE COVID-19 page on SAFE's website at www.safeglencove.org