

Staying Safe During The COVID Pandemic: How much alcohol is OK?

COVID-19 is disrupting our normal lives and causing increased stress for us all. It is natural to seek comfort in situations such as these and some of those comforts may include drinking alcohol. With the increased stress and inability to socialize during this time, one drink can easily escalate into something more dangerous. Because of this, it is important to understand what levels of alcohol use are safe and what levels may increase an individual's risk for developing an alcohol use disorder.



<https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/moderate-binge-drinking>

Alcohol and Aging:

Both men and women over the age of 65 are advised to have no more than one drink per day.

Drinking more than 7 drinks a week or more than 3 drinks on one occasion puts adults over the age of 65 at risk for harm.

Adults with chronic health problems, those taking certain medications, and those with memory and mood problems should avoid alcohol.

Moderate alcohol consumption is up to 1 standard drink per day for women and up to 2 standard drinks per day for men.

Binge Drinking is defined as a pattern of drinking that brings your blood alcohol concentration level to 0.08 g/dL or higher. This typically occurs after 4 or more standard drinks on one occasion for women and 5 or more standard drinks on one occasion for men.

Heavy Alcohol Use is binge drinking on 5 or more days in the past month. This can also be defined for women as consuming 8 standard drinks or more per week and for men as consuming 15 standard drinks or more per week.

Binge drinking and **heavy alcohol use** can increase an individual's risk of alcohol use disorder.

If you or someone you know would like more information or guidance about social isolation and substance use, please contact Nebraska Medicine Psychiatry at: **402-552-6007**

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