

# Harm Reduction during lockdown

Ways to minimise harm of  
drinking alcohol during lockdown



# Watch those units

Government guidelines state we should not consume more than 14 units a week.

14 units of alcohol is equivalent to:

- 7 cans of lager (4%)
- 6 cans of cider or strong lager (5%)
- 4 large 250ml glasses of wine (12%)

If you wish to cut down the amount you are drinking, a good way to achieve this is by having several alcohol-free days per week.

# How much?

Our home-based measures when pouring a drink tend to be more generous than what you would get down your local.

Use a smaller glass to help you keep track of your alcohol consumption while drinking at home.



# Smaller glasses

Our tips for using smaller glasses when consuming the following are as follows:

- Buy some small (125ml) wine glasses for the house rather than using 250ml glasses
- Drink lager or cider out of half a pint glass instead of a full pint

# Close your eyes and breathe...



Alcohol can impact our sleep making us feel tired, sluggish and irritable.

While you may nod off faster after having a few drinks, it can affect your quality of sleep. This in turn can affect our mood and concentration the following day.

By having several alcohol-free days a week will result in feeling more refreshed and energised.

# NoLo alternatives

Why not try some alternative drinks in the shape of NoLo (No alcohol or low alcohol).

There are plenty of alternative wines, spirits, beers and ciders that come with the same name, just low or no alcohol inside.



# Drink up!

Alcohol leads you to becoming dehydrated which explains the feeling of dry skin and that banging headache the next day.

Why not have a glass of water at the same time or after each alcoholic drink. It could limit the severity of the potential hangover in the morning.



A typical pint of lager consists of 182 non-nutritional calories. It would require, on average, someone to run for up to 18 minutes to burn this off.

The more alcohol you consume, the less likely you will want to eat. Over time this can lead to a lack of certain vitamins being taken in resulting in an increase likelihood of alcohol related brain damage, fractures and stomatitis.

**Eating 'aint  
cheating**

**#TimeToBrew**



# Eat, sleep, repeat...

The longer the lock down continues, the more each day merges into one and difficult to tell work days and weekends apart.

Maintaining a routine now, will make it easier to adjust back to how things were before the lockdown. Try and avoid increasing the frequency of when you drink, such as starting to have glass of wine on a day you would never have done so before.

# Isolation does not mean you have to be alone

If you are currently in self-isolation, whether its due to showing symptoms of the coronavirus, or that you live alone, let someone know if you intend to consume a lot of alcohol in one session.

Set up a buddy system, so they can check in on you now and again to ensure you are ok, and if necessary, get emergency help if needed