COVID 19 and Substance Use

If you are feeling unwell, do not drink alcohol, use cannabis, tobacco or vaping products until you are fully recovered.

Cannabis and Nicotine

Both smoking and vaping substances (including cannabis and tobacco/nicotine) can make you more susceptible to viral infections such as COVID-19, as well as put you at higher risk for more severe symptoms.

If you currently smoke or vape any substances, stopping or reducing use (temporarily or permanently) is strongly advised.

For help reducing nicotine use (smoking or vaping), the Quit Clinic is still available for appointments online or over the phone. Please call 716-645-6939 to schedule an appointment.

For help reducing cannabis use, appointments can be scheduled with a Harm Reduction Specialist from Health Promotion by calling 716-829-2208.

If choosing to use:

- Do not share cigarettes, joints, bongs, vaping devices, etc.
- If using inhaled substances, use away from children and anyone who may be high risk or unwell.
- Remember that it can take up to two hours to feel the effects of edible cannabis products, and be careful not to overconsume. (Edibles cause a disproportionate number of cannabis related hospital visits due to overconsumption).
- Do not drive after using cannabis. Wait at least six hours if smoking or vaping, and even longer if ingesting cannabis products.

Alcohol

Alcohol use can weaken your immune system. Even moderate amounts of alcohol or occasionally occurrences of binge drinking can impact immune responses.

If you are healthy:

- Avoid overconsumption. Pay attention to alcohol content and drink sizes if choosing to drink.
- Stay hydrated. Drinking alcohol can lead to increased dehydration (this is one of the causes of hangovers.) For every standard alcoholic drink, drink 8 oz. of water.
- When planning virtual hangouts with friends, make sure to include other activities beside “virtual happy hours.” This will help you avoid overconsumption as well as include friends who choose not to drink at this time.