

Guidelines for Alcohol & Medication Use

DURING A PANDEMIC

Nebraska Rural Response Hotline

1-800-464-0258

Nebraska Family Helpline

1-888-866-8660

NEBRASKA



STRONG
RECOVERY PROJECT

Guidelines for Alcohol and Medication Use During a Pandemic



NEBRASKA STRONG
RECOVERY PROJECT

It is common to think that using alcohol/drugs or increasing use of medication will help you cope better with stress during a pandemic. However, overuse of alcohol, drugs, and even medications can make things worse by interrupting sleep cycles, increasing the risk of health problems, and creating potential dependence on the substance

 [@NebraskaStrongRecoveryProject](#)

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To manage use of alcohol and drugs:

- Pay attention to any change in your use of alcohol and/or drugs.
- Consult with a healthcare professional about safe ways to reduce feelings of stress.
- Use prescription and over-the-counter medications as indicated on the label.
- Eat well, exercise, get enough sleep, and use your family and others for support.
- If you believe you have a problem with substances, speak to a professional.

(Adapted from: Safety, Function, Action and Psychological First Aid Field Operations Guide 2nd Edition).

Call the Hotlines For Free and Confidential Assistance

Nebraska Rural Response Hotline

1-800-464-0258 MON TO FRI
8AM TO 5PM

Nebraska Family Helpline

1-888-866-8660 24 HRS/DAY
7 DAYS/WEEK