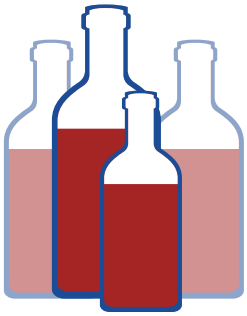
Alcohol & Covid-19

The most important point to remember:

In no way will consumption of alcohol protect you from COVID-19 or prevent you from being infected by it.

Myth

Consuming alcohol destroys the virus that causes COVID-19.



Fact

Consuming alcohol will not destroy the virus, and its consumption is likely to increase the health risks if a person becomes infected with the virus.

Alcohol (at a concentration of at least 60% by volume) works as a disinfectant on your skin, but it has no such effect within your system when ingested.

Myth

Drinking strong alcohol kills the virus in the inhaled air.

Fact

Consumption of alcohol will not kill the virus in the inhaled air; it will not disinfect your mouth and throat; and it will not give you any kind of protection against COVID-19.

Myth

Alcohol (beer, wine, distilled spirits or herbal alcohol) stimulates immunity and resistance to the virus.

Fact

Alcohol has a damaging effect on your immune system and will not stimulate immunity and virus resistance.

Source: https://www.euro.who.int/__data/assets/pdf_file/0010/437608/Alcohol-and-COVID-19-what-you-need-to-know.pdf

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