

CORONAVIRUS



Advice on Managing Alcohol Dependence



BEATING ADDICTION
IN COMMUNITIES

Important advice during the Coronavirus (COVID-19) pandemic

Coronavirus may affect supplies of alcohol.

If you are drinking heavily and begin to run out of alcohol you are at risk of going into withdrawal.

If not managed correctly alcohol withdrawal is a serious risk to your health.

If you experience withdrawal symptoms such as shaking, sweating, nausea after several hours without alcohol, **do not suddenly stop drinking.**

If you are concerned and need support, telephone **Aspire 01302 730956**. We are open Monday to Friday 9-5pm (closed Bank Holidays).

   www.aspire.community



The Alcohol & Drug Service



Rotherham Doncaster
and South Humber
NHS Foundation Trust

Aspire Drug and Alcohol Services are provided in partnership by Rotherham Doncaster and South Humber NHS Foundation Trust (RDaSH) and The Alcohol and Drug Service (ADS).