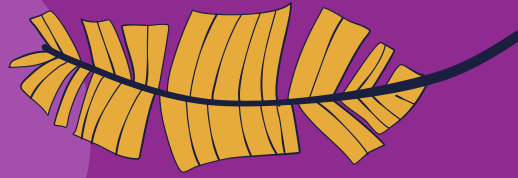


Take the time to talk to your students about the effects of Covid-19. Social isolation can cause many students to feel anxiety and/or depression due to limited resources, boredom, and stress. As a result, students may begin to use substances to cope.



Nicotine addiction affects your respiratory system, especially people with low immune systems. If your student is using tobacco products, they are susceptible to Covid-19. Marijuana use can also increase chances of contracting Covid-19.

# Covid-19 & Substance Abuse

## Signs of Substance Abuse

- Mood swings
- Change in sleep pattern
- Lost of interest in things they once liked to do
- Change in appearance (bloodshot eyes, tremors, nose bleeds, and a change in weight)

## Resources

[wcupa.edu/wellness](http://wcupa.edu/wellness)  
[samhsa.gov](http://samhsa.gov)  
[CDC.gov](http://CDC.gov)

Students in recovery could experience triggers from social isolation that can illicit a relapse. Allow your student the space to talk about concerns. Virtual AA and NA meeting are available for students in recovery.  
1-800-662-HELP

