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.

**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
- samhsa.gov
- CDC.gov

**Covid-19 & Substance Abuse**

Nictone 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.

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