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PRESS RELEASE

Belize Commemorates World No Alcohol Day

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The Ministry of Health & Wellness and the National Drug Abuse Control Council - Belize (NDACC) will join the World Health Organization on October 2, 2021, to commemorate World No Alcohol Day.

This year, Belize commemorates World No Alcohol Day under the theme “Alcohol and COVID-19, know the facts.” The theme stresses the importance of the awareness of the facts on alcohol and the dangers of its consumption in relation to COVID-19. Belize will commemorate the occasion for the first time as part of the ministry’s commitment to provide information and promote established programs and services for the prevention and treatment of alcohol dependency in the country.

In Belize, the NDACC continues to champion the awareness and dangers of the abuse of alcohol consumption. Since the start of the pandemic in 2020, the government has enacted curfews and required bars and restaurants to close at an earlier time and prohibited stores not to sell alcohol after 6:00 p.m. This is in an effort to discourage persons from consuming alcohol and so reducing the behavior of persons under the influence from engaging in activities that contribute to the spread of COVID-19.

It is known that alcohol consumption leads to addiction and complications in physical and mental health that can be associated with the worsening of stress. Because of this, the immune system is affected, which then affects the ability to fight off infections including COVID-19.

The ministry encourages persons who need of mental health support to reach out to any of the public health facilities or NDACC offices countrywide. There are medical professionals and caseworkers available to provide

guidance and share resources to help persons cope with addiction and stress. Referral to partners in health is also possible.

On the occasion of World No Alcohol Day, the Ministry of Health & Wellness, along with NDACC-Belize, calls on all Belizeans to join in the commemoration and make a commitment to live a life of awareness on the negative impacts of alcohol abuse on health, family and community, more so during this pandemic.

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