

SUPPORT TO STOP SMOKING DURING COVID 19

EMAIL: health.coaches@wiltshire.gov.uk

WEBSITE: Wiltshire.gov.uk/public-health-stop-smoking

TEL: 0300 003 4566 (select option 1)

WHY ARE SMOKERS AT RISK?

- Coronavirus (COVID-19) is a respiratory infection which affects the lungs and airways.
- Smoking damages your lungs and weakens your immune system. This makes it more likely that you will have complications if you get sick and it will take you longer to recover.
- Smoking of any kind, including shisha, cannabis or any other substances, will also increase your risk.
- Second-hand smoke in the home and in other enclosed spaces also poses a risk. Children and those with existing health conditions are particularly at risk and smokers should take every effort to protect themselves from exposure.
- The repetitive hand to mouth movement provides an easy route of entry for the virus, putting smokers at greater risk of contracting COVID-19.

#QUITFORCOVID

VISIT THE WEBSITE:
www.todayistheday.co.uk