

# **CORONAVIRUS**

**ANYONE CAN GET IT.  
ANYONE CAN SPREAD IT.**

**STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES**

## **Support to Stop Smoking during Covid-19**



Bath & North East  
Somerset Council

**CALL: 0300 247 0050**

**(ask for a referral to the Wellbeing Pod)**

**E-MAIL: BATHNES.thehub@virginicare.co.uk**

- New digital Smokefree APP - contains lots of advice and support from qualified NCSCT advisors
- Telephone / text / e-mail support provided by Specialist Stop Smoking advisors
- Free (or on prescription) Nicotine Replacement Therapy (NRT) e-mailed to a selection of pharmacies for you to collect
- A stock of E-cigs / E-liquids to support clients struggling to get hold of devices, due to vape shop closures

**The #QuitforCovid campaign is now live**

Visit the website: [www.todayistheday.co.uk](http://www.todayistheday.co.uk)

Follow: @QuitforCovid on twitter - join the Quit Clinic every day 7.30pm-8.30pm.

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## 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 & it will take you longer to recover.
- Smoking of any kind, including shisha, cannabis or any other substances will also increase your risk.
- Secondhand 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 them 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.