

#QuitforCovid

Advice to Smokers about Coronavirus

Quitting smoking is an important way for individuals to reduce their risk from coronavirus (Covid-19)

Smoking increases the risk of lung infections. Smokers are twice as likely to get pneumonia and five times more likely to get flu than non-smokers.

Quitting smoking rapidly reduces your risk of other health problems such as heart attacks and stroke. It is especially important to prevent these problems, at a time like now, when health systems are going to come under strain.

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