

Quit for COVID - Smoking makes the impact of coronavirus worse

The Chief Medical Officer has said, "If you are going to give up smoking, this is a very good moment to do it." The Health Secretary has also announced that: "It is abundantly clear that smoking makes the impact of coronavirus worse."

As the Government highlights the risks to smokers from COVID-19, Surrey County Council is joining health professionals in calling on all smokers to #QuitforCovid

Smoking harms the immune system, reducing the bodies' natural protection against infections, like coronavirus. Smokers are therefore at greater risk of:

- getting acute respiratory infections
- the infection lasting longer
- the infection being more serious than it would be for someone who does not smoke.

People, including children, exposed to second-hand smoke are also at increased risk. It is therefore essential that parents and carers do not smoke in their homes or cars to protect the people around them from harm.

Quitting smoking is the best thing smokers can do to protect their own health, the health of those around them and minimise the impact of coronavirus. It is vital we all do what we can to stay safe and healthy during this outbreak.

Get support now

One You Surrey stop smoking service are ready to support residents with specialist stop smoking support. They are still open and offering stop smoking telephone support to existing and new patients. Stop smoking medications can also be posted.

- Call: 01737 652168
- Visit: www.oneyousurrey.org.uk and click 'Get started' or visit Healthy Surrey
- Text: 07494 681070

For more information on giving up smoking visit: www.healthysurrey.org.uk/smoking

Follow the Smokefree Action Coalition campaign, #QuitforCovid on Twitter.