

Suggested text for GP practice websites

#QuitforCovid

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 attack and stroke. It is especially important to prevent these problems, at a time like now, when health systems are going to come under strain. In light of this there has never been a better time to quit. Call Yorkshire Smokefree Calderdale for phone support today on 01422 262373 or Call us on 0800 612 0011 free from landlines 0330 660 1166 free from most mobiles.