#quitforcovid

We are supporting the **'Quit for Covid'** campaign because Coronavirus (COVID-19) is a respiratory infection that affects the lungs and airways. Smoking damages lungs and weakens immune systems. Smokers are more likely to get complications if they get sick with Covid-19.

If you smoke, now is the time to quit:
Visit: **www.todayistheday.co.uk** for more information.
#quitforcovid twitter clinics are taking place every night 7.30-8.30
You can access our FREE stop smoking service:
https://health.bracknell-forest.gov.uk/stop-smoking/
or text "QUIT" to 81400.

Poster artwork by Tanya Girn of Winnersh Primary school.