#quitforcovid

Public Protection Partnership Bracknell Forest West Berkshire Wokingham



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.

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