

# URGENT CORONAVIRUS INFORMATION FOR SMOKERS

**Coronavirus is serious and it's spreading.**

**It affects the nose, throat and lungs.**

**Symptoms include fever, a sore throat, cough, shortness of breath, and difficulty taking in enough oxygen.**

**And it's even more serious if you smoke or vape.**

**Read this info about to keep yourself and your mates safe.**

- **If you smoke, try to quit – even if it's just for a bit.** We know it's hard. But if you get coronavirus, you'll need every bit of strength you have. And your body starts recovering after only a few days without smokes.
- Doing something hard is always easier with a mate. **If a mate you use with also smokes, ask them if they want to stop smoking** until things go back to normal.
- If you can, now is the time to go onto **nicotine replacement therapy** or put in that call to **Quitline (their number is 13 78 48)**.
- **If you smoke cannabis, try not to – at least for a bit.** That includes **joints, bongs and pipes**. If you have to keep using, edibles are safest but not sharing joints, bongs and pipes is much better than nothing.
- Even vaping probably makes coronavirus worse. **Vaping affects the lungs** which is the part of the body that coronavirus attacks.
- **Try to avoid second-hand smoke (being around smokers when they light up)** if you can too. It's also not good.
- **Remember to wash your hands regularly – including after a smoke.** Wash before and after using drugs or handling money being in contact with other people or being in public spaces. Wash with warm soapy water for at least 20 seconds. Google “handwashing videos” for more details.

For more information including general advice on staying safe, Google “dhhs corona” and click on the first link.

Or go to: <https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19>

**If you have any questions, talk to your health worker.**