

TODAY IS THE DAY TO STOP SMOKING AND PROTECT YOUR HEALTH, YOUR FAMILY AND THE NHS



We all need to try to protect ourselves and our families right now, but **especially** if you smoke.



Smoking damages the lungs and the immune system, making it harder to fight off infections.



And it also increases your risks of heart disease, diabetes, COPD, stroke and cancer.



And that means if you **do** get coronavirus, your symptoms could be more severe.



Your health starts to improve **from the moment you stop.**

LivingWell
Smokefree

Let's take the first
positive step together
Make a change, make it now. We're here to help.

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