

YOU CAN!

HELPING PEOPLE STOP SMOKING DURING THE CORONAVIRUS OUTBREAK

YouCanGM.org

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SMOKERS are generally at **increased risk** of contracting respiratory infection and of more severe symptoms once infected. **COVID-19** symptoms may therefore be more severe for smokers. This is because smoking damages the lungs and weakens the immune system, making it harder for the body to fight infections.

Now is a good time to **make smokers aware of their increased risk** and **ask them to think about quitting for good**. From the moment they stop smoking the body starts to heal itself, which will help their ability to fight illnesses.

Smokers can still get help to quit smoking during the coronavirus outbreak from their GP, pharmacist or by calling the **NHS Stop Smoking helpline** free on **0300 123 1044**. Until 31 October they can get six months' free access to the Smoke Free app when they sign up online.

For more information visit YouCanGM.org

Are you up to date on tobacco addiction?

Smoking is the single biggest cause of preventable deaths in England, accounting for nearly 80,000 deaths each year. But did you know that 3 in 5 smokers want to quit?

Smoking is a chronic addiction that often starts during childhood and it can be difficult to stop. But with the right advice and encouragement, you could help a smoker finally quit for good.

To make sure you're confident speaking to smokers about quitting, learn about:

- The impacts of tobacco addiction
- The most effective ways to treat tobacco addiction
- Prescribed and non-prescribed stop smoking medications and nicotine replacement
- Stop smoking support pathways in Greater Manchester
- How to have conversations with smokers about quitting (known as very brief advice or VBA)

Take the **Tobacco Addiction** course at www.gatewayc.org.uk/tobaccoaddiction— there are two e-learning modules available, each takes 30 minutes and counts towards CPD.

ADVICE FOR HEALTHCARE PROFESSIONALS
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