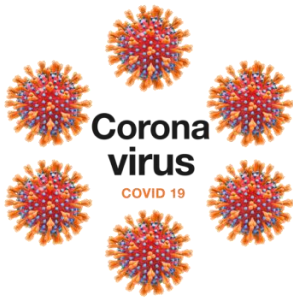# Staying healthy during coronavirus and the effects of smoking

This document was written by **Public Health Wales**. It is an easy read version of "**Looking after your physical wellbeing and smoking**".

April 2020

Smoking and coronavirus

Things are different at the moment because of coronavirus. There have been lots of changes. Has your smoking changed too?

Smoking can harm your health.

Smoking can harm other people around you.

If you smoke you are more likely to get coronavirus.

Smokers are more likely to get really ill from coronavirus.

Now is a good time to stop smoking.

Getting help to stop smoking

The best way to quit smoking is with free **NHS Help Me Quit** support.

They can give help over the phone. And they can give you medicine that can help you quit.

You can:

Call: 0800 085 2219

Text: HMQ to 80818

Or fill out a form on the website:
www.helpmequit.wales/

Or you can use a free app, like **Smoke Free – Quit Smoking Now and Stop for Good.** You Can download this in your app store.

What if you are not ready to give up smoking?

- try electronic cigarettes.

- smoke fewer cigarettes.

- make a plan to try to stop smoking

Are you worried that you may start smoking again?

Well done for stopping smoking. It is normal for people who used to smoke to want a cigarette if they are feeling stressed.

To help this feeling pass you can:

- drink some cold water

- do something else to stay busy and take your mind off wanting a cigarette

- take deep breaths

This information is in easy read. It is from the **Public Health Wales** website: https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/staying-well-at-home/keeping-physically-well/smoking/

This leaflet was made into easy read by **Easy Read Wales** using **Photosymbols**.