

# QUIT DURING COVID

Centre for  
Health Research  
and Education

Quitting smoking is more important now than ever.

↑ Covid complications ← SMOKING → ↑ Lung & heart diseases

## WATCH OUT!

Smokers —FOR—> Increased smoking  
Ex-smokers —FOR—> Relapsing back to smoking

To improve your health to fight infections better

To protect your family from passive smoking

To save money in these uncertain times

Change of routine can increase success of a quit attempt

WHY QUIT NOW?

To increase stamina for exercises

More time to take up a hobby

Stress due to the uncertainties about the future

Financial concerns & unemployment

Health worries

No access to usual places to visit like office, gym, places of worship

Smoking will NOT help resolve any reasons for stress. Smoking worsens mental and physical health.

No support from family/friends due to social distancing

## WHAT YOU CAN DO TO CONTROL CRAVINGS

1. Go to [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree) for support on quitting. Try apps, sign up for daily email reminders or get tips for motivation.
2. Use safer nicotine products like nicotine gum, nicotine lozenges or e-cigarettes proactively, to stay away from cigarettes.
3. If you feel you need more nicotine, use a nicotine patch with nicotine gum or nicotine lozenges or e-cigarettes.
4. Try distraction techniques. Eg: chewing a gum, singing a song, talking to a non-smoker friend etc at the time of the craving.
5. Speak to your GP or pharmacist about prescription-only stop smoking medicines



### WHAT IS NRT? (Nicotine Replacement Therapy)

- A safer way of getting nicotine to quit smoking.
- Available in pharmacies or online
- Available in long acting form as nicotine patches
- Available in short acting forms like gums, lozenges, mouth sprays



### WHAT ARE E-CIGARETTES?

- A safer way of getting nicotine to quit smoking.
- Devices that heat the e-liquid held in a cartridge/tank by using a battery
- 95% safer than cigarettes, there is no burning and no smoke
- Come in various forms like disposable, rechargeable, tank devices, pods etc



### HOW TO ACCESS FREE BEHAVIOURAL SUPPORT?

- Try music and exercise daily to help overcome stress and improve your mood
- Keep in touch with family and friends using video/ tele-communication when possible to help with the stress.
- Call the National Smokefree Helpline on 0300 123 1044 to talk to a trained advisor
- Search Smokefree to find your local stop smoking service, where you can get expert support tailored to your needs even during Covid pandemic.