

Smoking and Covid-19



Public Health Wales warns smokers: Emerging evidence shows greater risk of severe respiratory disease from COVID-19.

A new study from China shows smokers with COVID-19 are **14 times more likely to develop severe disease.**

Smoking tobacco is known to damage the lungs and airways, causing a range of severe respiratory problems. The evidence clearly shows COVID-19 virus attacks the respiratory system, which explains why smokers are at greater risk.

- Emerging evidence shows smokers have a greater risk of severe respiratory disease from COVID-19.
- If you smoke, you are not only putting yourself at greater risk of developing severe disease from the COVID-19 virus, but those around you exposed to second-hand smoke, including children, are also put at increased risk.
- In addition, the repetitive hand-to-mouth movement of smoking provides an easy route for the virus to enter the body.
- There has never been a more important time to stop smoking. Not only for your own health but to protect those around you.

The benefits of stopping smoking

Once smokefree, there are very real health benefits with the body continuing to repair the longer you stay smokefree.

The more immediate benefits include:

- After 48 hours - Carbon monoxide is eliminated from the body. Lungs start to clear out mucus and other smoking debris;
- After 72 hours - Breathing becomes easier as bronchial tubes begin to relax;
- After 2 to 12 weeks - Blood circulation improves, making physical activity like walking and running easier.

You can get NHS expert stop smoking advice and support over the phone, plus free medication.



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