

#QuitforCovid

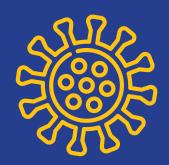
The risks of smoking in pregnancy and COVID-19



There's never been a more important time to look after your lung health.

Pregnant women are at risk of serious illness from coronavirus. Pregnancy can change how your body handles viral infections, like COVID-19, and in some cases, these infections can be worse in pregnant women.

Smoking increases the risk even further. Emerging evidence suggests smokers who catch COVID-19 are more likely to get severe disease and need intensive care than non-smokers.



Protecting yourself and your baby

One of the most important steps

you can take to protect yourself

from COVID-19 and shield your

baby from the serious risks of

smoking is to quit.

Creating a smokefree home is another important step to take. Being around secondhand smoke exposes the mother and baby to over 4,000 dangerous chemicals in cigarette smoke. If you smoke during pregnancy, you are at a greater risk of:

- catching lung infections like COVID-19
- the infection lasting longer, as smoking harms your immune system, making it harder for your body to fight it off
- the infection being more serious than it would be for someone who does not smoke

It is also really important that you follow government guidelines on social distancing and regular hand-washing, details of which can be found at www.gov.uk.



Together we can support you and your family to a smokefree pregnancy.

You're three times more likely to quit successfully with the right support, so contact a Specialist Smoking Cessation Midwife today on:

0114 2265627

sth.stopsmokingmidwiferyteam@nhs.net

We can find the quit method that works for you, whether that's nicotine replacement therapy (NRT), or choosing to switch to e-cigarettes.

