



# Smoking and COVID-19

Quitting smoking may lower your chances of getting COVID-19 and help your cancer treatment work better

## Facts about smoking, COVID-19 and cancer treatment:

- Smoking can increase the chances of COVID-19 moving from your hand into your mouth because when you smoke, your fingers often touch your mouth and lips
- Smoking and COVID-19 damage your lungs and other parts of your body
- The chemicals in cigarette smoke can stop cancer treatments from working well and they make it harder for your body to fight viruses like COVID-19

## To quit smoking or stay smoke free:

- Talk to your cancer care team today
- Call a Care Coach at Telehealth Ontario at **1-866-797-0000** (TTY **1-866-797-0007**)
- Visit **tobacchowise.com** for information on the Indigenous Tobacco Program
- Call or visit Talk Tobacco for Indigenous smoking and vaping support at **talktobacco.ca** or **1-833-998-8255**



# It is never too late to quit!



**Ontario Health**  
Cancer Care Ontario