



**The Ferry Street Health & Wellness Project**

# Smoking, Quitting & COVID 19

## WHAT YOU NEED TO KNOW

In the midst of this pandemic, **DON'T FORGET** that smoking tobacco continues to be a major health problem in the African American community.

Smoking tobacco increases your risk of death from these leading causes for African Americans:

- Heart disease
- Cancer
- Stroke
- Diabetes

The Coronavirus has hit the African American community especially hard! People that have lung diseases and become infected with the Coronavirus may have a harder time recovering from the illness.

Lung diseases caused by tobacco smoking include:

- COPD/emphysema
- Chronic Bronchitis
- Most Cases of Lung Cancer

A project of



**CAI**

[caiglobal.org/reach](http://caiglobal.org/reach)



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## **WHAT YOU CAN DO**

**Smoking is an Extremely Hard Habit to Quit  
& We are Here to Help!**

**CALL the NYS Quitline  
1-866-697-8487**

This is a **FREE** and **CONFIDENTIAL** service. You will be able to talk to a friendly professional that will help you quit at your own pace.

They offer a variety of methods to help you quit including patches, gum and medication. E-cigarette users can call too!

To get tested for the Coronavirus, please visit one of these community locations: (insert locations and what info is needed to be tested-insurance card, doctor's referral, call ahead appointment, etc.)

\*\*This information is brought to you by CAI-REACH initiative. To contact us, please call (insert phone number)