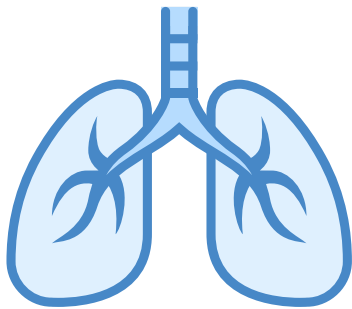


COVID-19 AT PAG GAMIT NG TABAKO

Ano Ang COVID-19?

COVID-19 ay isang sakit ng lung galing sa isang klase ng coronavirus.¹ Ang disease ay kakalat kung ang isang tao na apektado ay umubo o nag bahing at ang droplets ay pumasok sa bibig at loob ng ilong ng taong na sa tabi niya.²

COVID-19 at Paggagamit ng tabako



Ang paggamit ng tabako o paninigarilyo ay isang dahilan ng sakit sa baga o lung. Kung kayat ang mga taong may mga kardaman sa baga ay mas madaling kapitan ng COVID 19.^{3 4}

**Sa Ngayon mas
Maraming pamilya ang
nanataling nasa loob ng
bahay para makatulong sa
paglaganap ng COVID 19 .**



Sa mga pamilya na may naninigarilyo sa loob ng bahay, maaring makapagdulot ng tinatawag "second hand smoke." Ang "second hand smoke" ay isa sa mga dahilan na makapagdulot ng paglala ng sakit sa baga (lung), sakit sa puso, at asma.⁵

COVID-19 AT PAG GAMIT NG TABAKO

Mga resources para Quitting

Kung may kakilala ka na gusto tumigil pag gamit ng tobako o cigarillo, may mga libre tuling available.

Para tuling sa Asian languages, tawag Asian Smokers' Quitline (ASQ)

Chinese 請立即撥打
1-800-838-8917
獲得免費戒煙協助

Korean 지금
1-800-556-5564로
전화하시고 무료 금연 서비
스를 받으십시오.

Vietnamese Xin gọi
1-800-778-8440
ngay và nhận được các dịch vụ
cai thuốc lá miễn phí



National Texting Program (English only)

This Is Quitting by Truth Initiative
Text **DITCHJUUL** to **88709**
For more info, visit:
truthinitiative.org/thisisquitting

CA Quits

English Smokers: 1-800-662-8887
English Vapers: 1-844-866-8273

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