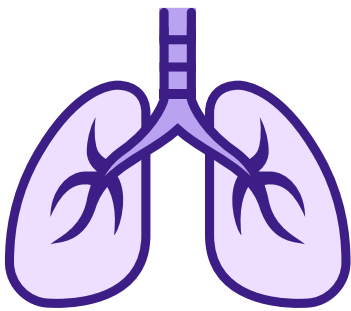


COVID-19 AT PAG GAMIT NG TABAKO

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 meron ka nang disease sa lungs mas madli kang mahawa 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, tawag California Smokers' Helpline.

English Smokers: 1-800-662-8887

English Vapers: 1-844-866-8273

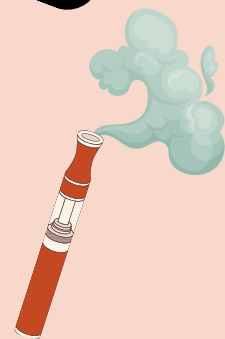


National Texting Program (English only)

This Is Quitting by Truth Initiative

Text DITCHJUUL to 88709

For more info, visit: truthinitiative.org/thisisquitting.



SOURCES

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