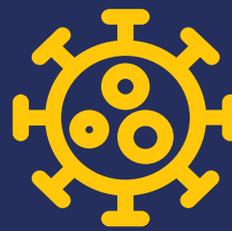
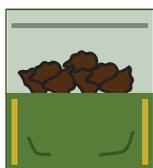


# Tobacco Chewing and **COVID19**



**“Here are some tips  
to keep yourself safe  
from COVID19 sickness  
if you chew tobacco.”**



Sharing your chewing tobacco and ash with other people can spread the COVID19 germs.



Wash your hands with soap and water before mixing your chewing tobacco and ash in your hand.



Before taking out your chewing tobacco, wash your hands with soap and water before putting your fingers in your mouth.

If you have been thinking about quitting, now is a good time to start.

Yarn with your local clinic mob who can help you to quit tobacco chewing.

## **What's your Smoke Free Story?**



**Katherine West Health Board Aboriginal Corporation**