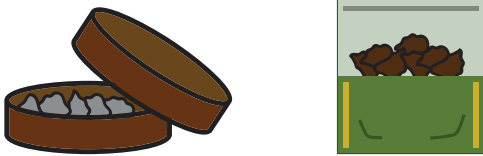
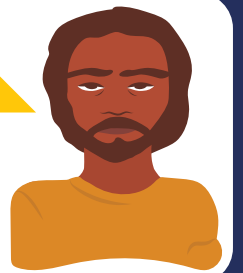


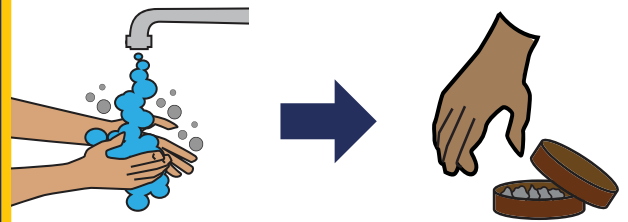
# Tobacco Chewing and **COVID19**



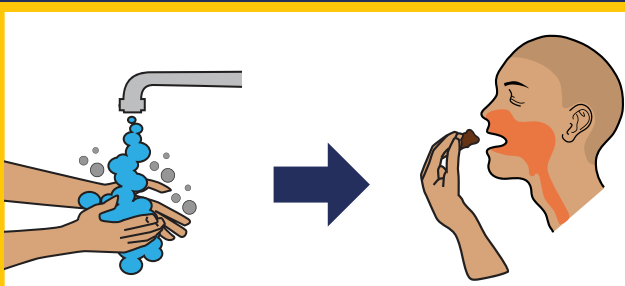
**“Here are some tips  
to keep yourself safe  
from COVID19 sickness  
if you chew tobacco.”**



**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**