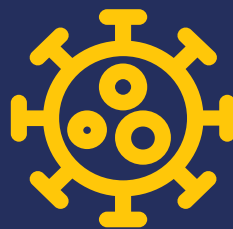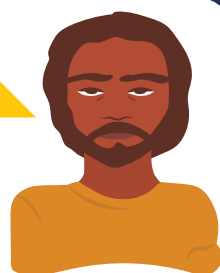# Smoking and COVID19

> "Here are some tips to keep yourself safe from COVID19 sickness if you smoke."

Smoker who get sick from COVID19 can get biggest mob sick because smoking makes the lungs weak and they don't work proper way. This makes it hard for the body to fight the COVID19 germs away.

Don't share your smokes with other people.

Don't go finding and smoking cigarette butts, they could have the COVID19 germs on them.

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 smoking.

What's your Smoke Free Story?

Katherine West Health Board Aboriginal Corporation