



# Quitting smoking may lower your chances of getting COVID-19 and help your cancer treatment work better

## Facts about smoking, COVID-19 and cancer treatment:

- Smoking can increase the chances of COVID-19 moving from your hand into your mouth because when you smoke, your fingers often touch your mouth and lips
- Smoking and COVID-19 damage your lungs and other parts of your body
- The chemicals in cigarette smoke can stop cancer treatments from working well and they make it harder for your body to fight viruses like COVID-19

## To quit smoking or stay smoke free:



Talk to your cancer care team today



Call a Quit Coach at Health811 by dialing **8-1-1** (TTY **1-866-797-0007**)



Visit **SmokersHelpline.ca**

# It is never too late to quit!



**Ontario Health**  
Cancer Care Ontario