

# COVID-19

## Another Reason To Quit!

Tobacco & nicotine use can compromise your health and the immune system.

Causes greater susceptibility to infection.

Ailments such as colds, flu or coughs can be severe and take longer to recover.

Causes inflammation in the lungs.

Causes high blood pressure and stresses the heart.

**Quit Now  
Virginia**

Tobacco User Quitline

**Quit Now Virginia** provides free information and coaching by telephone or online to residents who want to quit smoking or using tobacco.

[QuitNow.net/Virginia](http://QuitNow.net/Virginia)

1-800-QUIT-NOW

1-800-784-8669

