

SMOKING AND CORONAVIRUS

Advice for parents

#QuitForCovid

Q How does smoking during pregnancy impact my baby?

Smoking or being exposed to secondhand smoke during pregnancy significantly increases your risk of **miscarriage, stillbirth** or having a **premature or unwell baby**.

Quitting smoking is the most effective way to **protect your child** from the harms of tobacco smoke.

Q Does smoking increase my risk from coronavirus?

As a precautionary measure, the government has classed pregnant women as a group at risk of **severe illness** from coronavirus.

Evidence suggests smokers who contract coronavirus are more likely to need **intensive care** than non-smokers.

Smoking damages your lungs and weakens your immune system. This makes it more likely that you will have **complications** if you get sick and **take longer to recover**.

Q Can I get help to quit from my midwife?

Yes. Your midwife should:

- 1. Provide you with information** about the risks of smoking and benefits of quitting for you and **your baby**.
- 2. Refer you** to a specialist stop smoking service locally The **Wellbeing Team One You PLYMOUTH**. This service can provide you with **support and advice** via telephone/Livewell Connect and can send you **stop smoking medications** via vouchers in the post. They can give you advice about **using an e-cigarette** to quit smoking.

Find support and local services at:

The Wellbeing Team Telephone: 01752 437177

Email: oneyou.plymouth@nhs.net Web: www.oneyouplymouth.co.uk

Q How can I keep my home smokefree?

You can use **nicotine** (e.g. patches or gum) or **e-cigarettes** to protect yourself and your family from harmful cigarette smoke.

If you need to smoke you should take **at least 7 steps outside** to stop smoke drifting inside.

smoking in pregnancy
challenge group ●

