

Hillingdon Stop Smoking Service

Quit for Covid

Speaking in the Commons,, in response to a question from Bob Blackman MP Chair of the APPG on Smoking and Health, Secretary of State for Health Matt Hancock said:

“It is abundantly clear from the research into previous coronaviruses that smoking makes the impact of a coronavirus worse.”

This echoes the advice of the Chief Medical Officer from last week’s Health Select Committee who said:

“If you are going to give up smoking, this is a very good moment to do it.”

Secondhand smoke

Exposure to second hand smoke is also likely to exacerbate the risks from coronavirus, alongside the other harms it causes. Therefore, smokers who are self-isolating and are not able to go outside to smoke should seek alternatives such as Nicotine Replacement Therapy (NRT) or e-cigarettes to protect the people around them from harm.

We at Hillingdon Stop Smoking Service are dedicated to do everything we can to keep people as safe and healthy as possible through this crisis. Stopping smoking also helps improve heart and lung conditions, wound healing and many other health conditions which will all carry on at the same time as Covid-19. Stopping smoking remains the single most effective thing people can do to improve their and their family’s health both now and in the future.

Help is at hand

Unfortunately at present we are unable to do face to face consultations, but we are able to offer you weekly telephone support sessions, this includes behavioural guidance, advice and supply of stop smoking medications and general all round support. Please be aware that there is no pressure, you can call us just for a chat and see if this is the right programmed for you 😊

Please don’t delay call us today on:

0800 169 7541 / 01895 207777

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