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## April 2020 Newsletter

Center for a Tobacco-Free Finger Lakes (CTFFL)  
(Funded by NYSDOH, Bureau of Tobacco Control)

Serving: Chemung, Livingston, Monroe, Ontario,  
Seneca, Schuyler, Steuben, Wayne & Yates counties

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### COVID-19 & Smoking

“Smoking increases the risk for respiratory infections, weakens the immune system and is a major cause of a number of chronic health conditions such as chronic obstructive pulmonary disease (COPD), heart disease and diabetes.”\*

Because it attacks the lungs, the coronavirus that causes COVID-19 could be an especially serious threat to those who smoke tobacco, marijuana and those who vape.

It is more important than ever for smokers and vapers to stop in order to avoid damaging their lungs further.

\*[https://www.tobaccofreekids.org/press-releases/2020\\_03\\_20\\_covid-19](https://www.tobaccofreekids.org/press-releases/2020_03_20_covid-19)



### Smoke-free Homes and Cars

One way to prepare for quitting is to make homes and cars smoke-free.

Cleaning interior surfaces will remove the smell of smoke which can be a trigger to light up.

Second and third hand smoke and vapor exposes others to toxic chemical residue.

### Smoker's Excuse: “Smoking relaxes me.”

**Response:** *But why are you tense to start with? Is it because you are low on nicotine?*

*A lot of what you think is relaxation is relief from nicotine withdrawal.*

*Most former smokers say they feel happier and calmer in general without cigarettes.*

*What are some other ways to relax?*

For more information or to schedule a CTFFL tobacco intervention training, contact:

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Tobacco Users and Providers can contact the NY State Smokers' Quitline or visit their website for support and resources at: 1-866-697-8487 or their website [www.nysmokefree.com](http://www.nysmokefree.com).