

SMOKING AND CORONAVIRUS

Advice for parents #QuitForCovid

Q How does smoking during pregnancy impact my baby?

Smoking, or being exposed to second-hand 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. This service can provide you with **support and advice** via telephone and can send you **stop smoking medication vouchers** in the post. The service can also give you advice about **using an e-cigarette** to quit smoking.

Q How can I keep my home smokefree?

You can use **nicotine replacement products** (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.

Find support and local services at:

- South Gloucestershire: 01454 865502 | oneyou.southglos.gov.uk/be-smoke-free
- Bristol: 0333 005 0095 | www.bristol.gov.uk/support-to-stop-smoking
- North Somerset: 01275 546744 | www.n-somerset.gov.uk/smoking