

**Quitting is one of the most important factors in lung health**

Referrals

Self - 0115 772 2515

Health professionals

Email:

[yourhealth.notts@nhs.net](mailto:yourhealth.notts@nhs.net)

or tel. 0115 772 2515

**Stop Smoking Service delivery during COVID 19**

**Smokers have a 14-fold risk of COVID**

**Smokers are likely to be more vulnerable to Covid 19 as the act of smoking means that fingers are in contact with the lips, increasing the transmission of the virus**

**A smoker of 20 cigarettes a day will put their fingers to their mouths 200 times**

Client contacted within 24 hours

**Telephone Support Provided as much as required with motivational text messages**

Available 6 days a week including evenings and at times that suits the client

**Pharmacotherapy Provided**

**Free Nicotine Replacement Therapy sent via secure post to clients**

**Follow-up Weekly-Telephone Consultations (more where necessary)**

Provided throughout quit with pharmacotherapy up to 12 weeks