

Stay Well This Winter

Get your flu shot

This will protect you against the flu

If you are a tobacco user quitting smoking can help you to stay healthy this winter and for the rest of your life.

Ways that smoking contributes to getting sick:

- ❖ It lowers your immune system that is supposed to fight off infection
- ❖ It decreases the oxygen available to the cells in your body making it harder for the cells to keep you healthy
- ❖ People who smoke often bum cigarettes which means you share the other persons germs.
- ❖ Being a smoker interferes with your nutrition making it harder for your cells to work effectively
- ❖ If you are a smoker and you get a cold it will be easier for it to settle into your chest and for you to develop bronchitis and pneumonia.

Reduce your risk of pneumonia. Ask your clinician for a pneumococcal vaccine. This is now recommended for people who smoke and are 18 and over

**If you are a smoker and want to quit
contact the CA Smokers Helpline at
1-800-NO-BUTTS**

Or talk with your agency tobacco cessation counselor

Other things to help you stay healthy

- ❖ Wash your hands frequently, especially before eating
- ❖ Eat right and drink plenty of water to flush out your system
- ❖ Get enough sleep, exercise and manage your stress
- ❖ Dress warmly

