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