

# TOBACCO AND COVID-19 ARE BEST FRIENDS!

## Tobacco use Increases Your Chances of Getting COVID-19



### NO SPITTING!

Chewing tobacco (khaini, gutka, paan, paan masala) and areca nut (supari) enhances the urge to spit repeatedly. Spitting in public places could increase COVID-19 spread



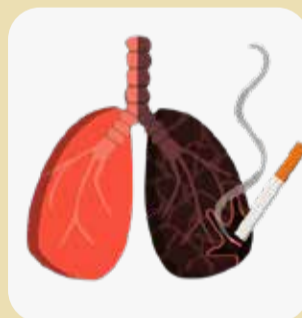
### DO NOT SHARE!

Sharing tobacco products like cigarettes, *bidis* can transmit the virus



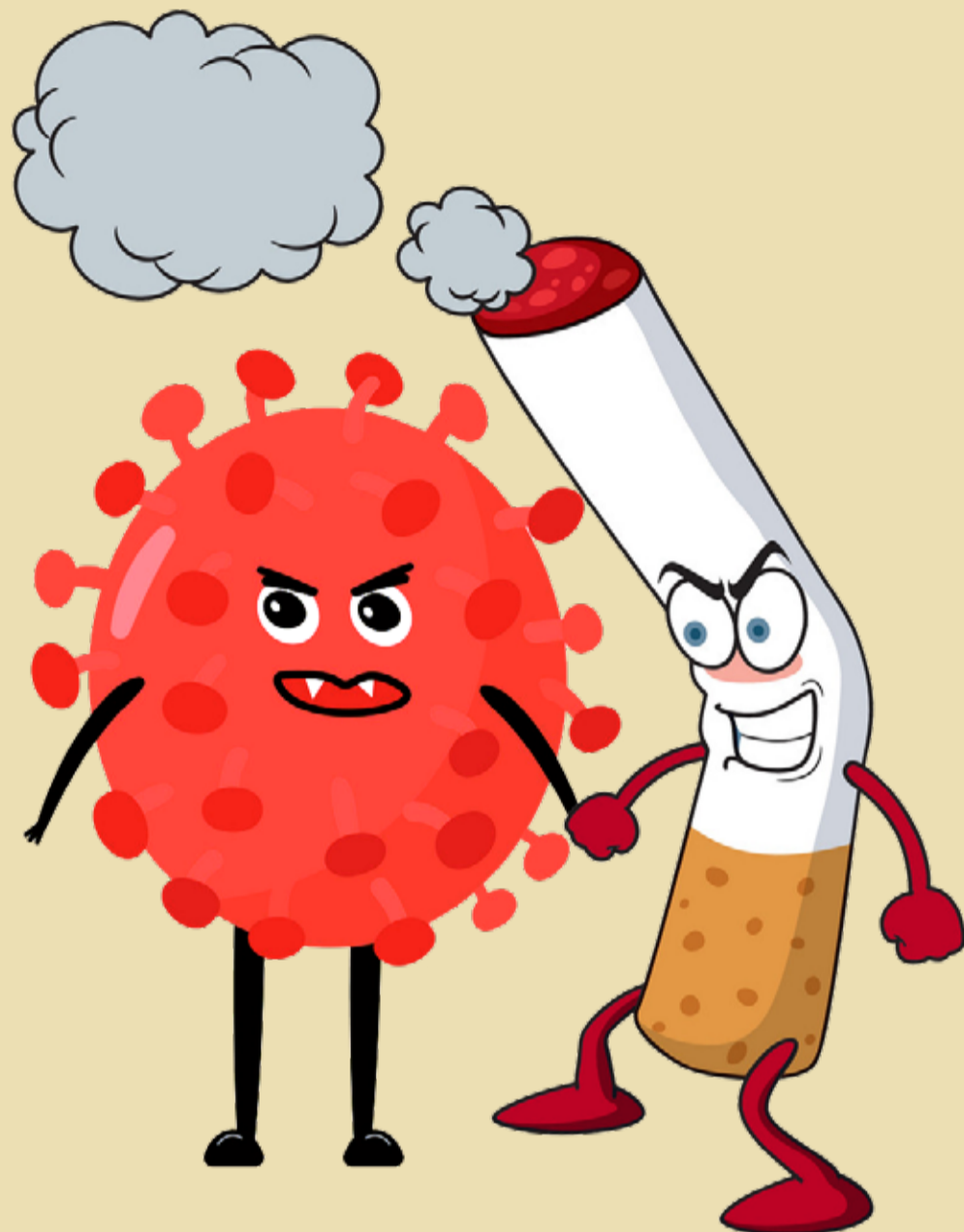
### NO SMOKING!

Transferring the virus by bringing your hands to your mouth while smoking



### WEAK IMMUNITY

Smoking damages organs and weakens the immune system, making you more prone to COVID-19



## DON'T LET TOBACCO PUSH YOU TO COVID-19...QUIT NOW!