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!