



Saint Alphonsus Tobacco Free Living

Reduce your potential risk for serious lung disease complications caused by the coronavirus (COVID-19) by quitting smoking and vaping.

JOIN OUR FREE VIRTUAL CLASS

We make it easy, from the comfort of your home!



WATCH A 5-MINUTE VIDEO

www.TobaccoVideo.com

See why we're different!

- FREE to anyone
- Easy to join (you don't have to be a technology whiz!)
- You are not required to quit or commit to quitting!
- Learn about harm reduction or nicotine replacement medications
- Call (208) 367-7373 for future dates

Please consider coming to the first class and see if it speaks to you.

When someone's lungs are exposed to flu or other infections (like COVID-19), the adverse effects for smokers or vapers may be more serious than among people who do not smoke or vape. Smoking is associated with increased development of acute respiratory distress syndrome (ARDS). People who are exposed to second hand smoke also have increased risk.

Read more about quitting from Trinity Health:

As families and communities confront the increasing spread of coronavirus (COVID-19), Trinity Health/Saint Alphonsus continues to care for the people we serve as we navigate this difficult crisis. Part of our role is to help people understand what they can do to protect themselves from contracting the virus, including quitting smoking.

Leading health experts have long studied the harm that is caused to the immune system from smoking and vaping. Recent studies demonstrate individuals who smoke or vape are more likely to contract COVID-19 and more likely to experience more severe symptoms.



Saint Alphonsus

A Member of Trinity Health

Questions? Call (208) 367-7373.

Messages will be returned within 24 hours, Monday-Friday.