



# Use these COVID-19 'lockdown' days to seize the opportunity to

# QUIT Smoking today!

And stop others from smoking near you, too!

It's never too late to quit smoking. Quitting smoking improves your health and reduces your risk of heart disease, cancer, lung disease, and other smoking-related illnesses, including impotence.



## Quitting smoking can be hard.

Having a plan makes things a bit easier. Making a personalised quit plan can keep you on track and help you through the times that challenge you the most.

The health benefits of quitting smoking can help most of the major parts of your body: from your brain to your DNA.



Quitting smoking is easier when the people in your life support you. Let them know you are planning to quit and explain how they can help.



Choose your personal reasons for quitting smoking. These can help keep you motivated and on track, especially in difficult moments.

In India, for the National Tobacco Quit Line Services,  
Call: 1800-112-356 or Give a missed call on 011-22901701