



Uvutaji wa Sigara na Virusi vya Corona (COVID-19) Kinga Mapafu Yako

Nini kinachangia hatari ya COVID-19?

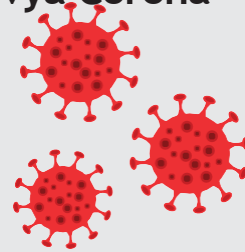
Uvutaji wa Sigara

Bangi au TUMBAKU

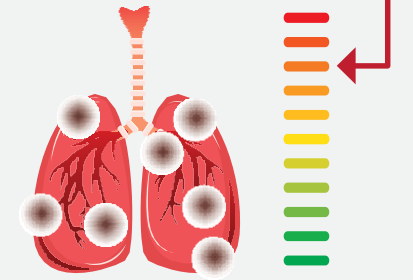
- Husababisha Madhara ya Mapafu
- Na Kinga mwili dhaifu



Ukiambukizwa na virusi vya Corona



Madhara **↑ Makubwa**



Unaweza kupata msaada!

PIGA SIMU - WASHINGTON STATE TOBACCOQUITLINE

 1-800-784-8669

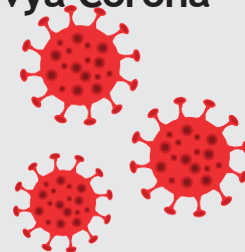
KWENYE APP YA SIMU

 doh.wa.gov/quit

Unapoacha kuvuta sigara, afya ya mapafu yako na kinga ya mwili itakuwa bora zaidi



Ukiambukizwa na virusi vya Corona



Madhara **↓ Yanapungua**

