

# Hidden Consequences of Smoking

If you are a smoker, you need a Flu Shot!

*Did you know...*

- Smokers are more likely to contract the flu than nonsmokers.
- Smokers experience worse symptoms when they get the flu; these can be prevented by getting a flu shot.
- Smoking increases risk for contracting respiratory infections such as the flu, pneumonia and bronchitis.
- Lung function is impaired by smoking and declines more rapidly in smokers than nonsmokers.
- Smokers with the flu are more likely to die than nonsmokers with the flu.
- Benefits of quitting smoking are realized immediately.
- Counseling services are available and improve your chances of successfully quitting.

## Feel better by getting your flu shot and quit smoking.

Tobacco User Quitline: 1-800-QUIT-NOW (1-800-784-8669)

- Toll-free phone counseling service for residents age 18 and older (and pregnant teens on Medicaid) who are uninsured and/or on Medicaid Virginia.
- Calls are answered from 8:00am-Midnight, seven days a week.

**Breathe easy and contact your local healthcare provider or visit American Lung Association's [www.flucliniclocator.org](http://www.flucliniclocator.org) to locate a clinic near you to receive the flu vaccine.**

