

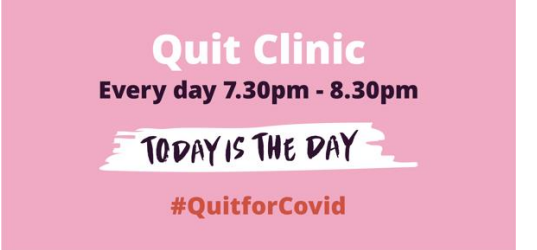



TODAY IS THE DAY

#QUITFORCOVID

Quit for Covid – social media supporters pack

Twitter:

Content	Image
INSERT is supporting #QuitForCovid. Make today the day for taking that first step on your quit journey, visit https://www.todayistheday.co.uk/	 A graphic with a light blue background. At the top, the text '#QUITFORCOVID' is written in a large, bold, purple, hand-drawn font. Below it, the text 'TODAY IS THE DAY' is written in a smaller, white, hand-drawn font on a dark blue brushstroke background.
If you're a smoker the most important step you can take to improve your health and reduce the chances you'll need the NHS is to quit smoking #QuitForCovid. Find out more at https://www.todayistheday.co.uk/	 A graphic with an orange background. The text 'GET SUPPORT TO HELP YOU QUIT' is written in a large, bold, yellow, hand-drawn font. Below it, the text '#QuitforCovid' is written in a smaller, black, hand-drawn font, followed by 'TODAY IS THE DAY' in a white, hand-drawn font on a dark orange brushstroke background.
There has never been a more important time to quit smoking - evidence shows smokers are at greater risk of severe respiratory disease from coronavirus (COVID-19) – for more information and for help to quit smoking visit https://www.todayistheday.co.uk/	 A graphic with a pink background. The text 'QUIT TODAY AND REDUCE YOUR RISK' is written in a large, bold, red, hand-drawn font. Below it, the text '#QuitforCovid' is written in a smaller, black, hand-drawn font, followed by 'TODAY IS THE DAY' in a white, hand-drawn font on a dark pink brushstroke background.





<p>Need advice or support to quit? From 7.30pm to 8.30pm every night, join the @QuitForCovid Quit Clinic and get your quit questions answered. Simply ask your question using #QuitforCovid</p>	 <p>Quit Clinic Every day 7.30pm - 8.30pm TODAY IS THE DAY #QuitforCovid</p>
<p>Even if you've smoked for many years it's never too late to #QuitforCovid - quitting brings benefits and reduces your risks at any age – for tips, tools and support to stop visit http://www.nhs.uk/smokefree and https://www.todayistheday.co.uk/</p>	 <p>IT'S NEVER TOO LATE TO QUIT #QuitforCovid TODAY IS THE DAY</p>
<p>Are you ready to say goodbye to smoking? The health benefits from quitting smoking start from the moment you stop. Find out how and make today the day that you give quitting a go https://www.nhs.uk/oneyou/for-your-body/quit-smoking/what-happens-when-you-quit-smoking/ #QuitForCovid</p>	 <p>1 YEAR AFTER PUTTING OUT YOUR LAST CIGARETTE, RISK OF A HEART ATTACK HALVES AND RESEARCH SHOWS YOU'RE LIKELY TO FEEL HAPPIER #QuitforCovid TODAY IS THE DAY</p>
<p>Even if you've tried before, don't give up on quitting smoking. There's plenty of online support and advice which can help improve your chances of success. Visit www.todayistheday.co.uk and start your quitting journey #QuitForCovid</p>	 <p>GET SUPPORT TO HELP YOU QUIT #QuitforCovid TODAY IS THE DAY</p>



<p>There has never been a more important time to quit smoking. Even if you've tried before – give it another go – you can do it!! The benefits to your health, bank balance and family will be worth it www.todayistheday.co.uk #QuitForCovid</p>	
<p>For many people, finances are tighter than ever right now. If you smoke 10 cigarettes a day, did you know that by stopping, you could save over £135 a month? Just think how much that extra money could help you and your family www.todayistheday.co.uk #QuitForCovid #COVID19</p>	
<p>Lots of people have made the decision to stop smoking right now. There has never been a more important time to quit. Join the thousands around the country who are quitting for their health and their families www.todayistheday.co.uk #QuitForCovid #COVID19</p>	
<p>Creating a smokefree home is more important than ever. Breathing secondhand smoke puts children at more risk of asthma and adults at more risk of heart disease and cancer. To help make your home smokefree visit https://www.todayistheday.co.uk/</p>	

<p>Quitting smoking reduces the risks of 16 types of cancer, heart disease and stroke, as well as reducing the risk of severe complications from COVID-19. There's never been a more important time to quit – to get started visit TodayistheDay.co.uk</p>	
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Facebook:

Content	Image
<p>Even you've smoked for many years it is never too late to #QuitforCovid - quitting brings benefits and reduces your risks at any age – for tips, tools and support to stop visit http://www.nhs.uk/smokefree</p>	
<p>Quitting smoking reduces the risks of 16 types of cancer, heart disease and stroke, as well as reducing the risk of severe complications from coronavirus. There's never been a more important time to quit – to get started visit https://www.nhs.uk/smokefree</p>	

<p>Smoking puts people at greater risk of developing severe disease from coronavirus. If you smoke, quitting is one of the best things you can do for your health and your family. For help to quit head to todayistheday.co.uk/</p>	 <p>#QUITFORCOVID TODAY IS THE DAY</p>
<p>We're all staying at home to do our bit in helping to reduce the spread of coronavirus, so creating a smokefree environment is more important than ever – especially with schools closed and children at home with their families. Breathing in the harmful poisons from secondhand smoke could put your loved ones at greater risk of respiratory illnesses. #QuitForCovid. Do it for them – quit today! www.todayistheday.co.uk</p>	 <p>CREATE A SMOKEFREE HOME AND REDUCE YOUR RISK #QuitforCovid TODAY IS THE DAY</p>
<p>Hearing other people's quit success stories can really motivate others. Have you quit smoking recently or are you quitting right now? Share your story and any tips to encourage others to quit and reduce their risks from coronavirus and other health harms. Get commenting – we'd love to hear from you! #QuitForCovid</p>	 <p>SHARE YOUR STORY AND HELP OTHERS TO QUIT #QuitforCovid TODAY IS THE DAY</p>
<p>Every day over on Twitter @QuitforCovid – there is a FREE stop smoking clinic running from 7.30-8.30pm with an experienced stop smoking advisor who has helped thousands of people to quit over the years. Simply ask your question using #QuitForCovid www.todayistheday.co.uk</p>	 <p>Quit Clinic Every day 7.30pm - 8.30pm TODAY IS THE DAY #QuitforCovid</p>

<p>Are you ready to say goodbye to smoking? The health benefits from quitting smoking start from the moment you stop. Find out how and make today the day that you give quitting a go https://www.nhs.uk/oneyou/for-your-body/quit-smoking/what-happens-when-you-quit-smoking/ #QuitForCovid #COVID19</p>	
<p>Even if you've tried before – don't give up on quitting. There's plenty of support and advice which can help improve your chances of successfully stopping smoking.</p> <p>Visit www.todayistheday.co.uk and start your quitting journey #QuitForCovid #COVID19</p>	
<p>Smoking harms the immune system and raises the risks of severe respiratory problems, cancer, heart disease and stroke. It's a worrying time for everyone right now, but by quitting smoking you can do something positive for your health – and think of the long-term benefits too www.todayistheday.co.uk #QuitForCovid</p>	