

Media Release

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Quitline Service adapts to lockdown measures

Guernsey Quitline has changed the way it provides its service to ensure smokers can access the very best support throughout the COVID-19 pandemic. Stopping smoking is the best action any smoker can take for their health but is even more important at this time as those that smoke are more likely to get a respiratory infection than a non-smoker and twice as likely to then develop pneumonia.

Changes at Quitline mean that appointments for both new quit attempts and for follow up support will all now be carried out by telephone. The initial appointment will take around 30-40 minutes with weekly follow up appointments of approximately 10-15 minutes. Advice will be given, with access to all licensed medication and Nicotine Replacement Therapy, including patches, lozenges, gum inhalators and mouthspray sent out by post where appropriate.

Director of Public Health, Dr Nicola Brink said

“This really is a very good time to consider stopping. You are three times more likely to quit successfully with professional support and medication which can all be provided through the Quitline service. Smoking harms your immune system which means smokers are more at risk from

- Acquiring acute respiratory infections
- Infections lasting longer
- Infections being more serious than for someone who does not smoke

“People who have smoked regularly for some time are also more likely to have higher rates of heart disease, high blood pressure and problems with their circulation and lung disease all of which are risk factors for more severe COVID-19 complications.”

Quitline Stop Smoking Service Manager, Andrea Tostevin said

“The staff at Quitline appreciate this is a worrying time for everyone and that smokers often use cigarettes as a coping strategy. However there is very good evidence that smoking actually increases stress levels and stopping smoking is good for both physical and mental health. We are also aware that some people may have returned to smoking or feel their smoking is increasing as they currently have more time on their hands. If this is something you are struggling with Quitline is here to offer advice and support.”

For further advice or information please call 01481 233170 or see our Facebook page Guernsey Quitline Stop Smoking Service.

Ends