



Smoking and Influenza

If you are thinking about quitting smoking – today is the time to take the appropriate steps to do so.

- Some research studies show an increase in influenza infections among smokers compared to nonsmokers.
- There is a higher mortality rate for smokers than nonsmokers from influenza

Additional respiratory health consequences:

- Smoking is related to chronic coughing and wheezing among adults and children and chronic bronchitis and emphysema among adults.
- Smokers are more likely than nonsmokers to have upper and lower respiratory tract infections, perhaps because smoking suppresses immune function.

Within 20 minutes after you smoke that last cigarette, your body begins a series of positive changes that continue for years.

Smoking Cessation:

- Smoking harms nearly every organ of the body, causing many diseases and reducing the health of smokers. Quitting smoking has immediate, as well as long-term health benefits.
- Individual, group, or telephone counseling by trained health professionals increases the chances of successful quitting. Nicotine replacement products and certain other medications also increase the chance that people can successfully quit.

To successfully quit smoking, you should take the following steps:

- See your doctor, call a telephone quitline, or join a group program to learn new skills and behaviors to deal with situations when you want to smoke.
- Get ready and set a quit date.
- Get support and encouragement from family and friends.
- Get medication and use it correctly.

For information on how you can quit smoking visit the following web sites and resources below:

- Online Guide to Quitting Smoking at <http://www.smokefree.gov/>
- Locate a Quitline in your State and Speak to Smoking Cessation Counselor at <http://www.smokefree.gov/usmap.html>
- Additional Information on How to Quit Smoking at <http://www.cdc.gov/tobacco/how2quit.htm>

For Telephone Assistance with Quitting, Call 1-877-44U-QUIT (1-877-448-7848)
For more information, visit www.cdc.gov/flu, or call CDC at
800-CDC-INFO (English and Spanish) or 888-232-6358 (TTY).

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