

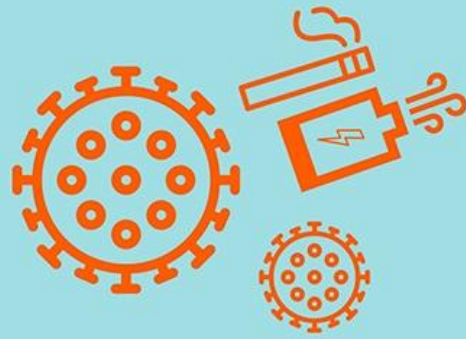


Greetings! We want to highlight two important items this month:

- Tobacco Use & COVID-19
- Pelican Rapids ONLINE Public Input Meetings

Tobacco Use & COVID-19

Tobacco Use & COVID-19



Tobacco Use and COVID-19

Smoking and vaping tobacco cause damage to the structure and function of vital organs and systems in the body. Smoking tobacco weakens a person's ability to protect their body and recover from viruses like COVID-19, a respiratory disease caused by a new coronavirus discovered in 2019.^{1,2}



People with tobacco-related health conditions are at greater risk of severe COVID-19 illness.³



Such conditions include:

- Cancer
- Lung diseases
- Asthma
- Diabetes
- COPD



Why are people with tobacco-related health conditions at greater risk of severe COVID-19 injuries?³



COVID-19 makes it harder for the heart to work.



COVID-19 causes flare-ups of chronic lung diseases.



COVID-19 affects the respiratory tract, which can increase the risk of asthma attacks.



COVID-19 weakens the immune system's ability to fight and recover.



Social behaviors such as sharing e-cigarettes or vaping devices can also increase transmission of COVID-19.⁴



Quit Partner offers many free support options and resources to help people quit smoking, vaping or using other commercial tobacco products in a way that works best for them. Call 1-800-QUIT-NOW or visit www.QuitPartnerMN.com.

References:

1. Center for Disease Control and Prevention (2018). Smoking and Tobacco Use: Health Effects.
2. Minnesota Department of Health (2020). About Coronavirus Disease 2019 (COVID-19).
3. Center for Disease Control and Prevention (2020). Groups at Higher Risk for Severe Illness.
4. Catch My Breath (2020). Vaping, Lung Health, and Infectious Diseases [PowerPoint].



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(May 2020)

Pelican Rapids ONLINE Public Input Meetings

To download the flyer, click [here](#). Please share with interested parties in Pelican Rapids!

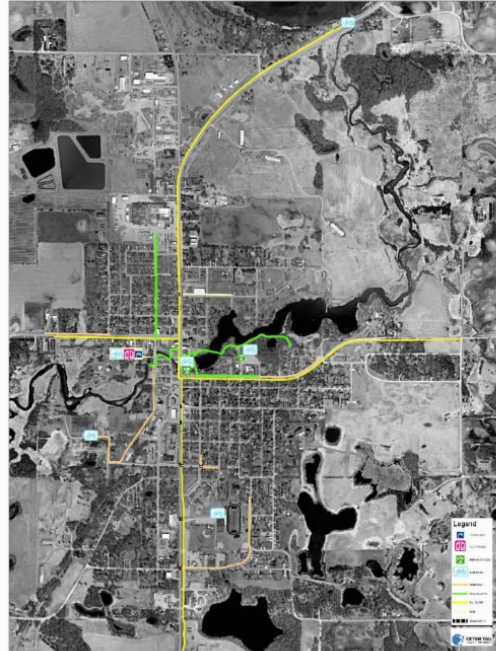
Pelican Rapids
Bicycle and Pedestrian Plan
On-Line Public Input Meetings
May or June 2020

We want your input on making Pelican Rapids more friendly for people walking, people biking, and people with disabilities!

PartnerSHIP 4 Health, Blue Cross Blue Shield of Minnesota Center for Prevention, MnDOT, and the City of Pelican Rapids are creating a Bicycle and Pedestrian Plan for the entire city!

Please provide me with your contact information, and I will include you in the invitation for the on-line meetings!

Please e-mail me your name, phone number, and e-mail address to: patrick.hollister@co.clay.mn.us or call me at 218-329-1809.



For More Information Contact:
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Stay home and stay healthy,

PartnerSHIP 4 Health
<http://www.partnership4health.org/>