

# BANASTHALI PUBLIC SCHOOL

G-Block, Vikas Puri, New Delhi-110018

Circular No. BPS/20-21/13

Date : 23-07-2020

Dear Parent,

As per directions from Education Department vide Circular No. F. DE.23 (386)/Sch.Br./2020/459 dated 13<sup>th</sup> July, 2020 regarding "**World No Tobacco Day**" from Govt. of NCT of Delhi, Directorate of Education, School Branch, Old Secretariat, Delhi-54. I have to state that every year "**World No Tobacco Day**" is celebrated on 31st May. This year since the whole world is fighting the battle against COVID-19, it is important to **make our children aware regarding the relation of tobacco use in the transmission and severity of COVID-19.**

This year's WHO theme for "World No Tobacco Day 2020" is "**Protecting youth from industry manipulation and preventing them from tobacco and nicotine use**". Children are the most native targets of tobacco companies which use different tactics and strategies to trap youth and young children. To protect our children from the tobacco company manipulations is the foremost important matter for us.

As per World Health Organization(WHO) smoking is one of the risk factors and conditions that make people more vulnerable to becoming severely ill with COVID-19. Also, smokeless tobacco users have a tendency to spit in public places, as these products increase production of saliva followed by a very strong urge to spit increasing health risks especially those of spreading contagious diseases like COVID-19, Tuberculosis, Swine flu etc. Tobacco use is the single largest preventable cause of disease, disability & premature death and major threat to present and future health of any population.

We are enclosing herewith the IEC material regarding tobacco use and vaping for your kind information and proper guidance.

Thanking you

Principal

Encl.: IEC Materiel.

# COVID-19: TOBACCO USE AND VAPING

## SMOKING

Smoking cigarettes/*bidis*/*kreteks*/*sheesha* and other forms of smoking products can increase your chances of getting COVID-19 by:

Transferring the virus by bringing your hands to your mouth



Smoking damages lungs, heart and other body parts and may increase your risk of getting a severe case of COVID-19.

## VAPING

Vaping makes lungs more vulnerable to infection and disease. It also weakens the immune system.



## SHEESHA

Sharing tobacco products such as waterpipe/*sheesha*/*hukka* can transmit the virus between people.

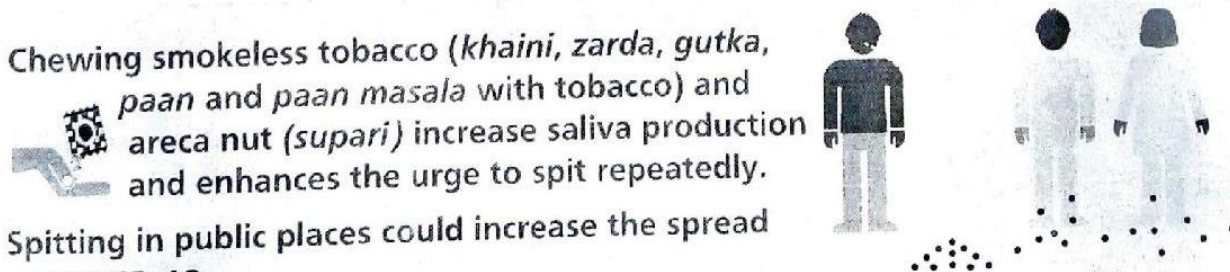
The *sheesha* apparatus (including the hose and chamber) itself may contribute to this risk by providing an environment that promotes the survival of the virus outside the body, as it is not cleaned often in social and community settings.



## SMOKELESS TOBACCO AND BETEL NUT CHEWING

Chewing smokeless tobacco (*khaini*, *zarda*, *gutka*, *paan* and *paan masala* with tobacco) and areca nut (*supari*) increase saliva production and enhances the urge to spit repeatedly.

Spitting in public places could increase the spread of COVID-19.



QUIT NOW – IT IS NEVER TOO LATE TO QUIT!