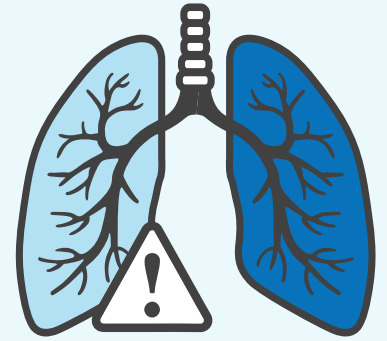
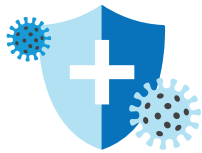


# ZAFÈ FIMEN AK COVID-19: SA OU BEZWEN KONNEN

Kominote syantifik ak medikal la ap aprann plis konsènan enplikasyon sante fimèn genyen sou COVID-19, men gen rezon pou ta gen kè sote. Nou konnen **lè ou fimèn oswa ou te konn fimèn avan sa ogmante risk pou w malad grav ak COVID-19.**<sup>1</sup>



## Konnen risk yo



Fimèn **kraze fonksyon defans iminitè** nan poumon yo epi sa deklanche enflamasyon.<sup>2</sup>



Moun ki fimèn genpi **gwo risk pou trape enfeksyon nan poumon ak nan pwatrin an jeneral.**<sup>3</sup>



Moun ki fimèn genpi **gwo risk pou mouri ak enfeksyon respiratwa** tankou grip sezon ak nemoni.<sup>3</sup>



Fimèn se yon gwo koz maladi kè ak maladi poumon.<sup>3</sup> **Moun nenpòt laj ki gen maladi sante grav tankou maladi kè ak maladi poumon, sanble yo gen plis risk pou devlope maladi ak COVID-19.**<sup>4</sup>

## Nou la pou ede.

**Si ou te janm bezwen yon rezon pou sispann fimèn, men yon lòt. Pi bon bagay ou ka fè pou sante ou se sispann fimèn.** Si ou bezwen èd pou sispann fimèn, Tobacco Free Florida ofri zouti ak sèvis gratis, tankou aksè 24 sou 24, 7 jou sou 7 pou pale ak yon Konseye pou Ede Kite ak yon rezèv patch nikotin, chiklèt oswa lozanj pou 2 semèn yo voye lakay ou. Jwenn plis enfòmasyon sou tout zouti ak sèvis gratis nou yo nan: [tobaccofreeflorida.com/kitefasonpaw](https://tobaccofreeflorida.com/kitefasonpaw).

1. Centers for Disease Control and Prevention. Certain Medical Conditions and Risk for Severe COVID-19 Illness. October 2020. Accessed October 09, 2020.

2. Strzelak, Agnieszka et al. "Tobacco Smoke Induces and Alters Immune Responses in the Lung Triggering Inflammation, Allergy, Asthma and Other Lung Diseases: A Mechanistic Review." International journal of environmental research and public health vol. 15,5 1033. 21 May. 2018, doi:10.3390/ijerph15051033. Accessed April 3, 2020.

3. U.S. Department of Health and Human Services. The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Printed with corrections, January 2014. Accessed April 3, 2020.

4. Centers for Disease Control and Prevention. "People at Risk for Serious Illness from COVID-19." Centers for Disease Control and Prevention, 10 Mar. 2020, [www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html](https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html). Accessed April 3, 2020.