

# SMOKING VAPING & COVID-19

During the COVID-19 pandemic, it is vital that people are aware of the serious potential risks associated with smoking or vaping and COVID-19. We must act now to spread the word.



## **Smoking or vaping may put people into a higher-risk category.**

Smoking or vaping may increase the chances that a person will be infected by COVID-19 and need hospitalization and advanced life support to survive.



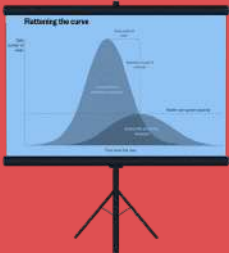
## **Smoking or vaping could make COVID-19 infections worse.**

If a person who smokes catches COVID-19, they are more likely to develop a severe case of the virus than those with no smoking history. Flavored tobacco products could make lung infections like COVID-19 worse.



## **Smoking and vaping damage lungs and weaken the body's immune system.**

Smoking and vaping damage the lungs, allowing viruses to more easily attach to lung cells and enter the lungs.



## **Smoking and vaping may increase the spread of COVID-19.**

The virus is easily spread from hand-to-mouth contact, common when using smoking and vaping products. Social sharing of smoking and vaping products can also facilitate the spread of the virus.



## **Encourage those who vape or smoke to make every effort to quit.**

- Share these facts with people who smoke or vape;
- Discuss with people who smoke or vape in your life the importance of frequent handwashing, social distancing, and not sharing smoking or vaping products;
- Contact your primary care physician or your child's pediatrician for medical advice.



## **Quitting Resources**

- Discuss with your doctor use of nicotine patch and gum. By using a patch and gum together, you are 4 times more likely to quit successfully.
- Pair smoking cessation medications with expert coaching and support.
- For coaching and support, call 1-800-QUIT-NOW. You can also text the word "QUIT" (7848) to IQUIT (47848) for free help.

