

SMOKING, VAPING & COVID-19

Scientists are still learning about COVID-19, but we know that smoking weakens the immune system, which makes it harder for your body to fight disease. It also damages the lungs, increasing the risks from infections.



You are at a higher risk.

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.



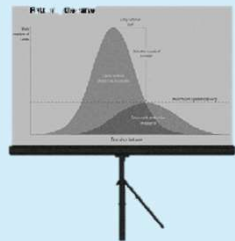
Could make a COVID-19 infection worse.

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.



Damages lungs and weakens your immune system.

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



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.



Get help quitting.

- Talk to your doctor about the nicotine patch or gum.
- Pair smoking cessation medications with coaching and support.
- Adults can call 1-800-QUIT-NOW (1-800-784-8669) for help. Youth can text "Start My Quit" to 855-891-9989 for help quitting.