

COVID-19 and Tobacco Use

COVID-19

COVID-19 is a disease caused by a virus called coronavirus (SARS-CoV-2).

Like smoking/vaping, COVID-19 damages the lungs, heart, brain, and nerves.

COVID-19 symptoms can be worse for someone who smokes/vapes.

Worth the Risk?

People who smoke/vape and get COVID-19 are at higher risk of:

- Severe lung damage
- Stroke
- Blood clots
- Long-term breathing trouble
- Needing hospital care

Protecting Yourself and Others

Breathing in smoke/vapor makes it harder to fight lung-related illnesses like COVID-19.

Smoking/vaping or breathing other people's smoke/vapor makes lungs weaker. **This can make COVID-19 symptoms worse.**

Remember to always:

- Wear a mask that covers your nose and mouth when you're not at home.
- Wash your hands often, for at least 20 seconds every time.
- Keep 6 feet distance between you and people you don't live with.

If you smoke/vape:

- Quitting now can help your lungs start to heal
- If quitting seems too hard, reach out for help
- Call 1-800-QUIT-NOW (English & 170+ languages) or 1-800-DÉJELO-YA (Español)
- Text READY to 34191
- Visit smokefree.gov

