

COVID-19

WHAT IS THE RISK IF I SMOKE OR VAPE?

The novel coronavirus disease 2019 (COVID-19), has changed people's lives all over the world. While COVID-19 is a new disease we are still learning more about, individuals with behavioral health conditions and those who use tobacco can be at a greater risk of infection and could have worse outcomes from COVID-19.



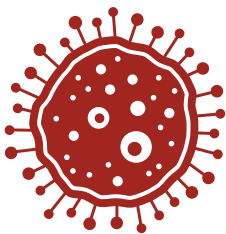
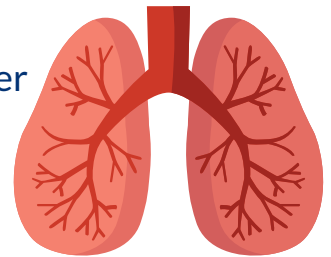
Increased risk of getting COVID-19

People who smoke or vape may have a higher chance of getting COVID-19 from bringing their hands to their mouths which can transfer the virus into the body, and by sharing tobacco products such as e-cigarettes and hookah.

More vulnerable to COVID-19

Smoking and vaping have been shown to negatively affect the lungs and the immune system. According to the Centers for Disease Control and Prevention (CDC), being a current or former smoker increases the risk of severe illness from COVID-19.

People with opioid use disorder (OUD) and methamphetamine use disorder are also vulnerable due to those drugs' effects on respiratory and lung health.



Underlying health issues

Co-occurring conditions with smoking and vaping, such as, cardiovascular disease, obesity, hypertension, diabetes, chronic lung diseases (e.g. COPD) and other respiratory diseases, have been found to worsen outcomes in patients with other coronaviruses that affect the respiratory system including those that cause SARS and MERS.

WHAT CAN I DO TO PROTECT MY HEALTH?

In addition to social distancing recommendations, the World Health Organization (WHO) and the CDC **recommend those who smoke, vape, or use other tobacco products to quit completely.**

- Talk with your healthcare provider to discuss which treatment options may be best for you
- Seek free help and resources from the [Indiana Tobacco Quitline](#) by calling **1-800-QUIT-NOW**
- Visit www.SmokeFree.gov for tools and tips to help you quit tobacco