Smoking and vaping can increase your COVID-19 risks

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Here are three good reasons why you should stop smoking and vaping now:

1

Smoking doubles your risk of developing respiratory infections. Smoking is known to weaken the immune system and the body's ability to fight infections.

2

Smoking doubles your risk of getting sicker from COVID-19. Smoking can cause chronic obstructive pulmonary disease (COPD) and other health problems that may make COVID-19 more serious.

3

Vaping harms lung health. Aerosol from vaping devices can harm lungs and worsen the body's ability to fight respiratory infections.

You can get free help to stop smoking and vaping! The Idaho QuitLine is here for you. Counselors will help you develop your own personal quit plan by phone or chat. It is great to work through the stress and anxiety of quitting with caring professionals during these troubling times.

The counselors can also talk with you about medications like nicotine patches, gums, or lozenges that help manage cravings. You may be eligible for special offers that send free nicotine patches, gum, or lozenges to your home.

Keep a smoke-free home to protect others as well. Secondhand smoke worsens lung health for nonsmokers, especially children. If you are a nonsmoker, contact the Idaho QuitLine to find out how to help someone you love quit smoking or vaping. Being smoke and vape-free is as important as washing your hands and covering your cough for your health and the health of your family and our community.

ProjectFilter.org   **1-800-QUIT-NOW**

FAQS

QUESTIONS

Are people who smoke at more risk of COVID-19?

People who smoke are at higher risk of getting lung and chest infections. This means that people who smoke may have a higher risk of getting COVID-19 compared to people who do not smoke.

The hand-to-mouth action of smoking and e-cigarette use means that people who smoke may be more vulnerable to COVID-19, as they are touching their face and mouth more often. Sharing any type of tobacco or smoking product (for example, cigarettes, e-cigarettes or shisha/waterpipes) can also increase the risk of spreading COVID-19.

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Are people who smoke more likely to have severe complications if they do get COVID-19?

People who smoke are likely to be more severely impacted by COVID-19, because smoking damages the lungs so that they do not work as well. Smoking also affects the immune system, making it harder to fight infection.

People with other health conditions like cardiovascular disease and cancer are more likely to experience severe complications of COVID-19. Smoking increases the risk of many of these conditions.

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What if I previously smoked? Am I still at more risk of COVID-19?

It is not currently known if former smokers have a higher risk of getting COVID-19 compared to people who have never smoked. People who smoke are at increased risk of lung infections, but lungs do heal when people stop smoking. It is not yet known how long is long enough to reduce the risk to the same level as someone who has never smoked.

If you previously smoked and are now quit, it is likely you will have a lower risk of severe complications (if you were infected with the virus) than you would have if you were still smoking.

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Where can I get the best support to stop smoking?

If you or someone you know is ready to quit using tobacco products, free help is available by visiting: 1-800-QUIT-NOW (1-800-784-8669) and projectfilter.org.

References

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