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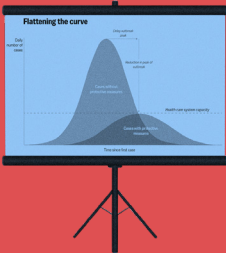
Smoking and vaping may increase the spread of COVID-19.

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.

MassGeneral Hospital for Children™

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