



# Smoking or Vaping & COVID-19

## Smoking or vaping increases your chance of getting sick or becoming sicker from COVID-19.

- Smoking or vaping can increase the spread of COVID-19. COVID-19 spreads from hand to mouth contact. Sharing cigarettes or e-cigarettes can spread the virus.
- Smoking or vaping can hurt the lungs. This allows the virus to more easily enter and attach to the lungs.
- Smoking or vaping can lower the body's ability to stay healthy. This increases your chance of becoming sick.
- A recent study shows Chinese COVID-19 patients who smoked were two times more likely to become sicker from the virus.

## The best thing you can do to protect your health is to stop smoking or vaping.

- If you receive services at a community mental health center, a community health center, or other social services organizations, ask the staff how they may be able to help you quit smoking or vaping.
- The Texas QuitLine can help you quit over the phone. Call the Texas QuitLine at 1-877-YES-QUIT (1-877-937-7848) or visit [www.yesquit.org](http://www.yesquit.org).
- Free online and text message programs to help you quit are below:
  - [www.smokefree.gov](http://www.smokefree.gov)
  - [www.quitxt.org](http://www.quitxt.org)
  - [www.becomeanex.org](http://www.becomeanex.org)
- For more information on quit smoking medications, nicotine addiction, and resources to help you quit, visit [www.takingtexasobaccofree.com](http://www.takingtexasobaccofree.com) and click on the TOOLS tab to explore the resources.