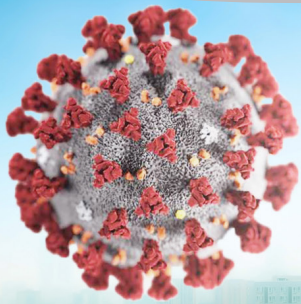


Smoking or Vaping & COVID-19



Smoking or vaping compounds your health risks and increases the potential for more severe COVID-19 symptoms.

- Smoking or vaping can increase the spread of COVID-19. COVID-19 spreads through respiratory droplets and this includes hand to mouth contact. Sharing cigarettes or e-cigarettes can spread the virus.
- Smoking or vaping can hurt the lungs and COVID-19 can also hurt the lungs. This means that for smokers who contract COVID-19, they can experience more severe symptoms that could require hospitalization and are more likely to result in death.
- Smoking or vaping damages cells, weakens our immune system, and makes it more difficult to recover from illnesses. This means that smokers may be more likely to get COVID-19 and have more trouble recovering.
- A recent review of multiple studies showed that smoking resulted in severe symptoms and an increased risk of needing care in an Intensive Care Unit, sometimes referred to as “ICU”.
- [A recent press release](#) from the American Thoracic Society reports that **“studies have shown that current smokers with COVID-19 have twice the risk of dying in the hospital as nonsmokers.”** They also acknowledge that the relationship between COVID-19 and smoking is complex and will continue to need more studies.

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.
- Free online and text message programs to help you quit are below:
 - www.smokefree.gov
 - www.quitxt.org
 - www.becomeanex.org
- For more information on quit smoking medications, nicotine addiction, and resources to help you quit, visit www.takingtexasobaccofree.com and click on the TOOLS tab to explore the resources.