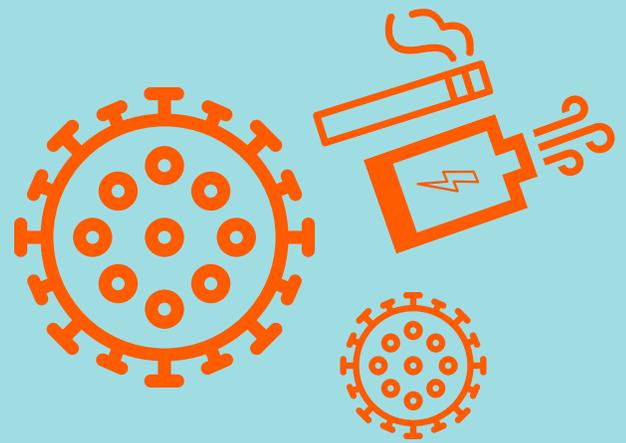


# Tobacco Use & COVID-19



## Tobacco Use and COVID-19

Smoking and vaping tobacco cause damage to the structure and function of vital organs and systems in the body. Smoking tobacco weakens a person's ability to protect their body and recover from viruses like COVID-19, a respiratory disease caused by a new coronavirus discovered in 2019.<sup>1,2</sup>



People with tobacco-related health conditions are at greater risk of severe COVID-19 illness.<sup>3</sup>



Such conditions include:

- Cancer
- Lung diseases
- Asthma
- Diabetes
- COPD



## Why are people with tobacco-related health conditions at greater risk of severe COVID-19 injuries?<sup>3</sup>



COVID-19 makes it harder for the heart to work.



COVID-19 causes flare-ups of chronic lung diseases.



COVID-19 affects the respiratory tract, which can increase the risk of asthma attacks.



COVID-19 weakens the immune system's ability to fight and recover.



Social behaviors such as sharing e-cigarettes or vaping devices can also increase transmission of COVID-19.<sup>4</sup>



Quit Partner offers many free support options and resources to help people quit smoking, vaping or using other commercial tobacco products in a way that works best for them. Call 1-800-QUIT-NOW or visit [www.QuitPartnerMN.com](http://www.QuitPartnerMN.com).

## References:

1. Center for Disease Control and Prevention (2018). Smoking and Tobacco Use: Health Effects.
2. Minnesota Department of Health (2020). About Coronavirus Disease 2019 (COVID-19).
3. Center for Disease Control and Prevention (2020). Groups at Higher Risk for Severe Illness.
4. Catch My Breath (2020). Vaping, Lung Health, and Infectious Diseases [PowerPoint].



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