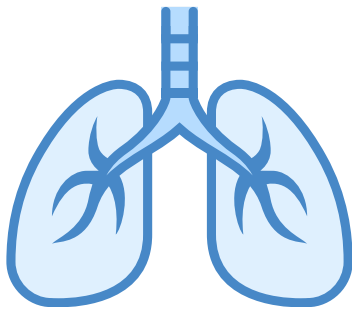


COVID-19 AND TOBACCO USE

What is COVID-19?

COVID-19 is a lung illness caused by a type of coronavirus.¹ It spreads when someone who is infected coughs or sneezes and the droplets land in the mouths or noses of others nearby.²

COVID-19 and Commercial Tobacco Use



Commercial tobacco use can cause health illnesses like lung injuries. Smokers who already have health injuries like lung disease are more in danger of getting sick with COVID-19.³ Vaping can cause longer times to recover from lung illness.⁴

More families are staying at home together to stop the virus from spreading.



For families who live with a smoker, they are in more danger of breathing secondhand smoke. Secondhand smoke can cause serious illnesses such as lung cancer, asthma, and heart disease.⁵

COVID-19 AND TOBACCO USE

Resources for Quitting

If you or someone you know wants to quit, there is free help available.

**For free help in English & Asian languages,
call California Smokers' Helpline:**

English Smokers: 1-800-662-8887
English Vape Users: 1-844-866-8273

Chinese: 1-800-838-8917
Korean: 1-800-556-5564
Vietnamese: 1-800-778-8440

You can also:
Text "Quit Smoking" to **66819**
Text "Quit Vaping" to **66819**



SOURCES

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