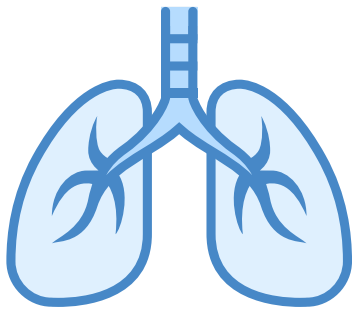


COVID-19 AND TOBACCO USE

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 help in Asian languages,
call Asian Smokers' Quitline (ASQ)**

Chinese 請立即撥打
1-800-838-8917
獲得免費戒煙協助

Korean 지금
1-800-556-5564로
전화하시고 무료 금연 서비
스를 받으십시오.

Vietnamese Xin gọi
1-800-778-8440
ngay và nhận được các dịch vụ
cai thuốc lá miễn phí



National Texting Program (English only)

This Is Quitting by Truth Initiative
Text **DITCHJUUL** to **88709**

For more info, visit:

truthinitiative.org/thisisquitting

CDC Tips Campaign

Visit cdc.gov/tips for more info

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This publication was supported by the Grant or Cooperative Agreement Number, NU58DP006490, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.