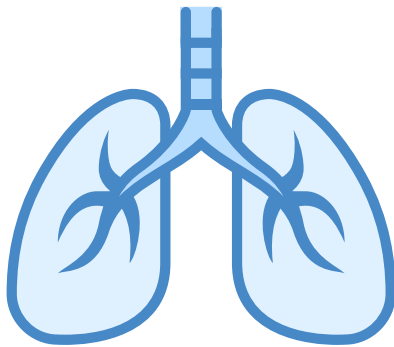# COVID- 19与烟草使用

## COVID-19 是什么?

COVID-19 是由一种冠状病毒引起的肺部疾病。[1]当被感染的人咳嗽或打喷嚏且飞沫落在附近其他人的嘴或鼻子中时，病毒就会传播。[2]

## COVID-19与商业烟草使用

商业烟草的使用会影响健康，导致肺部受伤害等疾病。已经患有肺部疾病的吸烟者特别容易被 COVID-19感染。[3] 使用电子烟也会导致肺部疾病康复的时间拖得更長。[4]

**为了阻止病毒的传播，越來越多的家庭一起呆在家里。**

与吸烟者生活在一起的家人，吸入二手烟的风险就更大了。二手烟会导致严重的疾病，例如肺癌、哮喘和心脏病。[5]

## 戒烟资源

如果您或您所认识的人想要戒烟，这里有免费的帮助。

**如欲获得用亚裔语言提供的帮助，请致电 Asian Smokers' Quitline (ASQ)。**

**Cantonese & Mandarin**
粤语和国语 请立即致电
1-800-838-8917
获得免费戒烟协助

**Korean** 지금
1-800-556-5564
로전화하시고 무료 금
연 서비스를 받으십시오.

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

**全美短信服务 （仅限英语）**
*This Is Quitting* by Truth Initiative
发送 **DITCHJUUL** 到 **88709**
如欲了解更多信息，请浏览：
**truthinitiative.org/thisisquitting**

**CDC Tips Campaign**
请浏览 **cdc.gov/tips** 了解
更多信息

## 资源

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