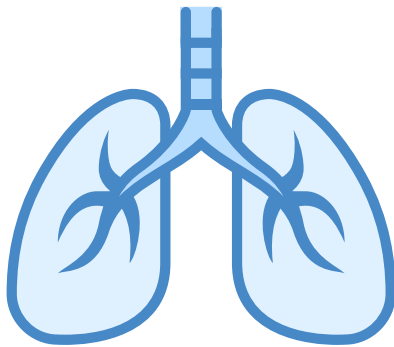


COVID-19 與煙草使用

COVID-19 是什麼？

COVID-19 是由一種冠狀病毒引起的肺部疾病。¹當被感染的人咳嗽或打噴嚏且飛沫落在附近其他人的嘴或鼻子中時，病毒就會傳播。²

COVID-19與商業煙草使用



商業煙草的使用會影響健康，導致肺部受傷害等疾病。已經患有肺部疾病的吸煙者特別容易被 COVID-19 感染。³使用電子煙也會導致肺部疾病康復的時間拖得更長。⁴

為了阻止病毒的傳播，越來越多的家庭一起呆在家裡。



與吸煙者生活在一起的家人，吸入二手煙的風險就更大了。二手煙會導致嚴重的疾病，例如肺癌、哮喘和心臟病。⁵

COVID-19 與煙草使用

戒煙資源

如果您或您所認識的人想要戒煙，這裡有免費的幫助。

如欲獲得用亞裔語言提供的幫助，請致電
Asian Smoker's Quitline (ASQ)。

Cantonese & Mandarin

粵語和國語 請立即致電

1-800-838-8917

獲得免費戒煙協助

Korean 지금

1-800-556-5564

로전화하시고 무료 금연

서비스를 받으십시오.

Vietnamese Xin gọi ngay

1-800-778-8440

và nhận được các dịch vụ
miễn phí hỗ trợ cai thuốc lá



全美短信服務（僅限英語）

This Is Quitting by Truth Initiative

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如欲了解更多信息，請瀏覽：

truthinitiative.org/thisisquitting

CDC Tips Campaign

請瀏覽 cdc.gov/tips 了解

更多信息

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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.