

# — WARNING —

## SMOKING OR VAPING CAN MAKE COVID-19 WORSE

It is important to know about the serious risks of smoking or vaping and COVID-19. Please help share this information with anyone you know.

### **SMOKING OR VAPING CAN INCREASE THE RISK OF SERIOUS COMPLICATIONS FROM COVID-19.**

If a person who smokes, or used to smoke, gets COVID-19, they are more likely to develop a serious case of the virus than someone who does not smoke.

### **SMOKING WEAKENS THE IMMUNE SYSTEM.**

Smoking weakens the immune system. This makes it harder for the body to fight disease. People who smoke have a higher risk of respiratory infections like pneumonia, colds, or flu.

### **COVID-19 AFFECTS THE SAME ORGANS OF THE BODY AS SMOKING.**

Smoking and vaping damage the lungs. Viruses can then enter the lungs and attach to cells more easily. People with heart or lung disease caused by smoking are at increased risk for severe illness from COVID-19.

### **ENCOURAGE PEOPLE WHO VAPE OR SMOKE TO QUIT.**

Share the information on this poster with people who smoke or vape, and ask them to get help to quit. Free resources are available to everyone in Oregon. They can call **1-800-QUIT-NOW** or visit [quitnow.net/Oregon](https://quitnow.net/Oregon) in English. For Spanish speakers, they can call **1-800-DEJALO-YA** or visit [quitnow.net/OregonSP](https://quitnow.net/OregonSP) to get help in Spanish.

Credit: [www.smokefree.gov](http://www.smokefree.gov) Updated 11/19/2020

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