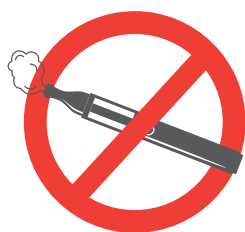
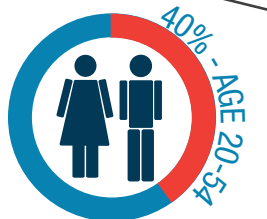
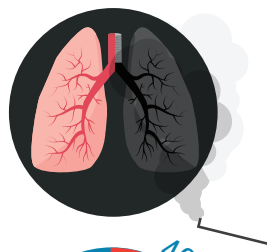


# GET THE FACTS:

## GIVE YOUR LUNGS A FIGHTING CHANCE AGAINST COVID-19



- COVID-19 is a lower **respiratory disease**.
- Inhaled nicotine **weakens the protective lining** of the lungs and paralyzes the tiny hair cells (cilia) that sweep the lung clear of foreign particles.
- Smokers already have **widespread lung inflammation and micro-scarring** that can exacerbate the pneumonia firestorm caused by COVID-19.
- Smoking **weakens the immune system** and is a major cause of chronic health conditions and cancer.
- Those who smoke are more likely to experience **more severe cases** of COVID-19.
- **COVID-19 is affecting younger people** more than officials previously thought it would: younger adults (20-54 years old) have made up nearly 40% of those hospitalized with the virus in the U.S.
- Vaping among teens is both an epidemic and a social issue; with schools closed and social distancing rules in place, there is **no better time** to help teens break their nicotine addiction.
- It often takes multiple attempts to successfully break an addiction to nicotine. It's not too late to quit and **give your lungs a fighting chance**.

**There is no easy time to quit but no better time than now.**

**#Quit2StopCOVID**  
**#NoBetterTimeToQuit**

### Resources:

Call **1-800-QUIT-NOW**. You can also text the word "QUIT" (7848) to IQUIT (47848) for free help.

**FDA:** Approved Smoking Cessation products -

<https://www.fda.gov/consumers/consumer-updates/want-quit-smoking-fda-approved-products-can-help>

**American Lung Association** – INDEPTH – an Alternative to Teen Nicotine Suspension or Citation:

<https://www.lung.org/stop-smoking/helping-teens-quit/indepth.html>

**Truth Initiative** – <http://www.thisisquitting.com/> and <https://www.becomeanex.org/>

**North American Quitline Consortium:** <http://map.naquitline.org/>



PREVENTING TOBACCO ADDICTION FOUNDATION

[www.tobacco21.org](http://www.tobacco21.org)

