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 -

American Lung Association – INDEPTH – an Alternative to Teen Nicotine Suspension or Citation:
https://www.lung.org/stop-smoking/helping-teens-quit/indepth.html


North American Quitline Consortium: http://map.naquitline.org/

www.tobacco21.org