



Smoking/Vaping & Coronavirus (COVID-19)

Give your lungs a fighting chance

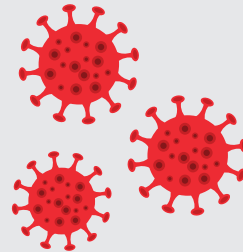
How is your risk of COVID-19 increased?

SMOKING OR VAPING CANNABIS OR TOBACCO

- Damages lungs
- Harms the immune system (body is less able to fight diseases)



COVID-19 Exposure




Infection is **↑ more severe**



We can help you quit!

WASHINGTON STATE TOBACCO QUITLINE

 1-800-QUIT-NOW

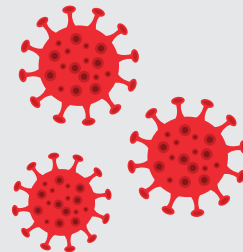
SMARTPHONE APP

 doh.wa.gov/quit

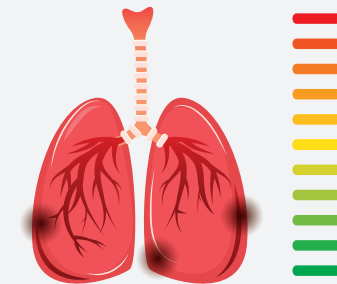
When you quit smoking or vaping, *your lungs and your immune system get healthier*



COVID-19 Exposure



Infection is **↓ less severe**



For more information visit: tobaccopreventiontoolkit.stanford.edu



or

