



## **Connections Between Smoking and COVID-19**

It is a known fact that smoking is bad for your health.

Smoking makes it harder for the body to fight off illnesses.

Smoking or vaping damages your lungs.

Compared to nonsmokers, people who smoke are more likely to get sicker if they have COVID-19.

COVID-19 attacks the lungs.

Your fingers touch your lips when you smoke or vape, which can increase your chances of getting COVID-19.

### **As a smoker, you may need to be hospitalized if you get COVID-19.**

- Feel shortness of breath
- Feel tiredness
- Have severe cough
- Require oxygen

## **How do you lower your risk of getting COVID-19?**

- Follow public health guidelines.
- Quit smoking and vaping.
- Avoid secondhand smoke.
- Talk to your doctor about ways to quit.
- Always wear your mask.
- Stay away from others that may have COVID-19.
- Clean areas in your home that are used a lot.
- Wash your hands many times a day.
- While you wash your hands, slowly count to 20.
- Do not share your towel with others.

## If You Cannot Quit Smoking Yet

- Do not smoke in a group or near others.
- Wash your hands many times a day.
- Do not share cigarettes or vapes.

## If You Feel Sick

- Call your doctor as soon as you can.
- Get tested.
- Self-isolate until you get your test back.
- Stop smoking cigarettes, vapes, e-cigs, and hookahs.
- Stay 6 feet away from others.
- Avoid secondhand smoke.
- Wash hands often.

## How to quit smoking?

- Contact your doctor for help.
- Call (800) QUIT-NOW for help.
- Do not use vapes or e-cigs to quit smoking. They do not help you quit smoking.

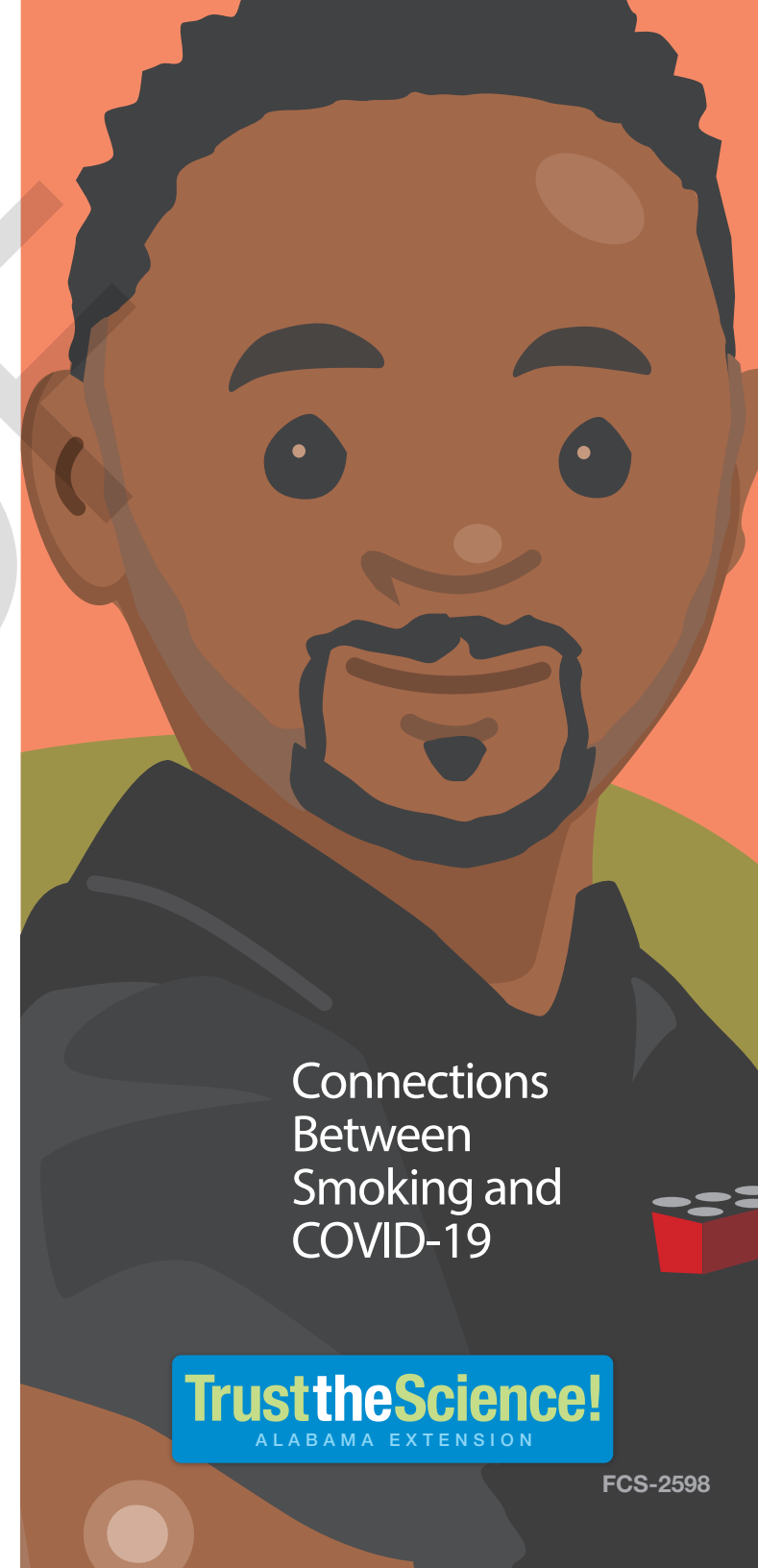


For more information, visit:

[www.alabamaready.info](http://www.alabamaready.info)

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