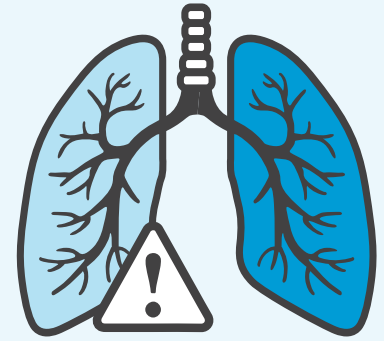
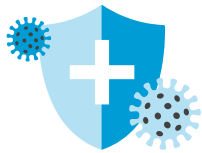


SMOKING AND COVID-19: WHAT YOU NEED TO KNOW

The scientific and medical community is just beginning to understand COVID-19 and the health implications of smoking or e-cigarette use. We do know that **COVID-19 patients who smoke might be at higher risk for severe disease or death from COVID-19.**¹



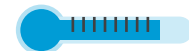
Know the risks



Smoking **suppresses immune function** in the lungs and triggers inflammation.²



Smoking can cause a **higher risk of getting lung and chest infections** in general.⁴



People who smoke have a **higher risk of dying from respiratory infections** such as influenza and pneumonia.⁴



Using e-cigarettes can **increase your odds of developing respiratory disease** by 95%.³



Smoking is a major cause of heart disease and lung disease.⁴ **People of any age with severe underlying health conditions**, like heart disease and lung disease, **might be at higher risk for serious illness from COVID-19.**⁵

We are here to help

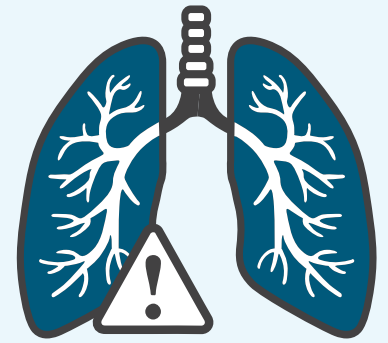
If you ever had a reason to quit smoking, here's another one. The best thing you can do for your health is to stop smoking. If you need help quitting, Tobacco Free Florida offers free tools and services, like 24/7 access to speak to a Quit Coach and a 2-week supply of nicotine patches, gum or lozenges shipped to your home. Learn more about all our tools and services at: tobaccofreeflorida.com/quityourway.

- Centers for Disease Control and Prevention. Preliminary Estimates of the Prevalence of Selected Underlying Health Conditions Among Patients with Coronavirus Disease 2019 — United States, February 12–March 28, 2020. *MMWR Morb Mortal Wkly Rep* 2020;69:382–386. DOI: <http://dx.doi.org/10.15585/mmwr.mm6913e2>. Accessed April 3, 2020.
- Strzelak, Agnieszka et al. "Tobacco Smoke Induces and Alters Immune Responses in the Lung Triggering Inflammation, Allergy, Asthma and Other Lung Diseases: A Mechanistic Review." *International journal of environmental research and public health* vol. 15,5 1033. 21 May. 2018, doi:10.3390/ijerph15051033. Accessed April 3, 2020.
- Association of E-Cigarette Use With Respiratory Disease Among Adults: A Longitudinal Analysis. Bhatta, Dharma N. et al. *American Journal of*

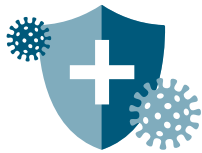
- Preventive Medicine, Volume 58, Issue 2, 182 – 190. Accessed April 3, 2020.
- U.S. Department of Health and Human Services. *The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General.* Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Printed with corrections, January 2014. Accessed April 3, 2020.
- Centers for Disease Control and Prevention. "People at Risk for Serious Illness from COVID-19." Centers for Disease Control and Prevention, 10 Mar. 2020, www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html. Accessed April 3, 2020.

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Learn more at tobaccofreeflorida.com/COVID19
and cdc.gov/coronavirus/2019-ncov.

