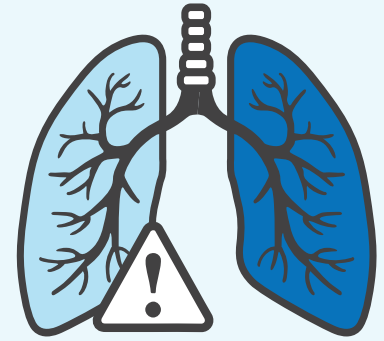
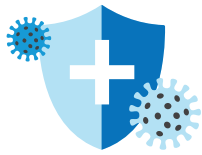


# SMOKING AND COVID-19: WHAT YOU NEED TO KNOW

The scientific and medical community is learning more about the health implications smoking has on COVID-19, but there are reasons for concern. We do know that **being a current or former cigarette smoker increases your risk of severe illness from COVID-19.**<sup>1</sup>



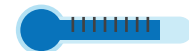
## Know the risks



Smoking **suppresses immune function** in the lungs and triggers inflammation.<sup>2</sup>



Smoking can cause a **higher risk of getting lung and chest infections** in general.<sup>3</sup>



People who smoke have a **higher risk of dying from respiratory infections** such as influenza and pneumonia.<sup>3</sup>



Smoking is a major cause of heart disease and lung disease.<sup>3</sup> **People of any age with severe underlying health conditions, like heart disease and lung disease, seem to be at higher risk of developing COVID-19.**<sup>4</sup>

## 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](https://tobaccofreeflorida.com/quityourway).

1. Centers for Disease Control and Prevention. Certain Medical Conditions and Risk for Severe COVID-19 Illness. October 2020. Accessed October 09, 2020.
2. 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.
3. 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.

4. 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](https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html). Accessed April 3, 2020.