

— WARNING —

SMOKING OR VAPING CAN MAKE COVID-19 WORSE

It is important to know about the serious risks of smoking or vaping and COVID-19. Please help share this information with anyone you know.

SMOKING OR VAPING CAN INCREASE THE RISK OF SERIOUS COMPLICATIONS FROM COVID-19.

If a person who smokes gets COVID-19, they are more likely to develop a serious case of the virus than someone who does not smoke.

SMOKING AND VAPING DAMAGE LUNGS AND HURT THE BODY'S ABILITY TO STAY HEALTHY.

Smoking and vaping damage the lungs. This makes it easier for viruses to enter the lungs and attach to cells.

SMOKING AND VAPING MAY INCREASE THE SPREAD OF COVID-19.

The virus is easily spread from hand-to-mouth contact. People have lots of hand-to-mouth contact when they hold and smoke a cigarette, cigar or vape product. Sharing a cigarette, cigar or vape product with another person can increase the spread of the virus.

ENCOURAGE PEOPLE WHO VAPE OR SMOKE TO QUIT.

Share the information on this poster with people who smoke or vape, and ask them to get help to quit. Free resources are available to everyone in Oregon. They can call **1-800-QUIT-NOW** or visit quitnow.net/Oregon in English. For Spanish speakers, they can call **1-800-DEJALO-YA** or visit quitnow.net/OregonSP to get help in Spanish.

Credit: Massachusetts Attorney General Maura Healey's Office

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