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

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

COVID-19 Exposure  
Infection is less severe

We can help you quit!

WASHINGTON STATE TOBACCO QUITLINE  
1-800-QUIT-NOW

SMARTPHONE APP  
doh.wa.gov/quit

For more information visit: tobaccopreventiontoolkit.stanford.edu or...