

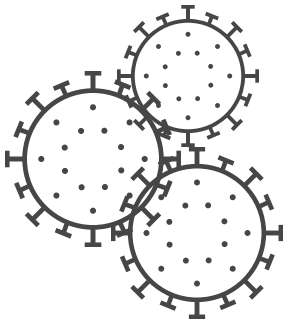


FREQUENTLY ASKED QUESTIONS ABOUT SMOKING AND COVID-19



DOES SMOKING INCREASE YOUR RISK OF GETTING COVID-19?

Smoking is a known risk factor for many respiratory infections and increases the severity of respiratory diseases, including COVID-19. Cigarettes adversely affect lung function and inhibit the body's ability to fight infections.



DOES SMOKING INCREASE THE RISK OF COVID-19 SEVERITY?

Research suggests that current smokers are 1.5 times more likely to have severe symptoms; and 2.5 times more likely to be admitted to the ICU, need a ventilator, or die from COVID-19 compared to those who never smoked.

DOES VAPING IMPACT COVID-19?

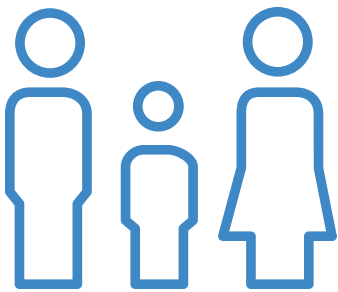
Nicotine and other chemicals found in e-cigarettes can inhibit the immune system and affect lung function. E-cigarettes can affect a lipid layer in the lungs that traps viruses, bacteria, and other foreign particles. One study found that both testing and COVID-19 diagnosis were more prevalent among individuals who reported using e-cigarettes.

CAN SECONDHAND SMOKE IMPACT COVID-19?



The exhalation of secondhand smoke (SHS) from cigarettes and e-cigarette aerosol can transmit the COVID-19 virus farther than usual. The virus can attach to particles in the SHS and travel 3-5 times farther than they would by being in the air. Removing face coverings to smoke or vape indoors undermines the proven benefit of face coverings and increases the risk of transmitting or inhaling COVID-19.

HOW CAN I PROTECT MY FAMILY?



The state of Illinois prohibits smoking in public places through the Smoke-free Illinois Act. This does not include electronic cigarettes. In Lake County 6 municipalities have passed local ordinances to protect residents from exposure to secondhand aerosol. [Click this link to participate in a survey and share your opinions on tobacco policies preventing exposure to secondhand smoke and/or aerosol.](#)

To protect yourself and your family from COVID-19, remember the 3 W's: wear a mask, wash your hands, and watch your distance around others.

NEED HELP QUITTING?

There are local and statewide tobacco cessation services available to you at no cost. For more information contact:

Tobacco Free Lake County:
P: 847-377-8090
E: tflc@lakecountyl.gov

Illinois Tobacco Quitline:
P: 1-866-QUIT-YES
Website: www.quityes.org

YOUR HEALTH CAN'T WAIT

It is more important than ever to take care of yourself and the Lake County Health Department and Community Health Center can help. Whether you are already a patient of ours, or recently lost your job or insurance coverage, we are here for you. Services include; primary care, dental, mental health and women's health.

To schedule an appointment:
P: 847-377-8800

For more information on local cessation services, contact:

[Tobacco Free Lake County](#)
847-377-8090
TFLC@lakecountyl.gov



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Sources:

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