

COVID-19 and E-cigarettes

Vapers may be at increased risk of getting infected with the coronavirus.

Some characteristics of e-cigarette use contradict current recommendations on how to prevent COVID-19.

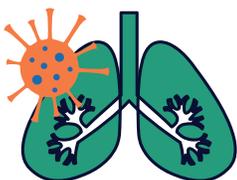


E-cigarette use requires increased contact of the fingers (and possibly contaminated cigarette) with the mouth, which makes avoiding touching hands to face difficult.



E-cigarette use is often a social activity, which diminishes the chances of safe physical distancing.

E-cigarette users may be at increased risk of complications with COVID-19.



People with poor lung function (as a result of e-cigarette use or anything else) may be at higher risk of complications from COVID-19.



The coronavirus attacks the lungs, so it could pose an especially serious threat to those who use e-cigarettes.



People who use e-cigarettes generally face higher risks of respiratory tract infections, such as lung and chest infections.



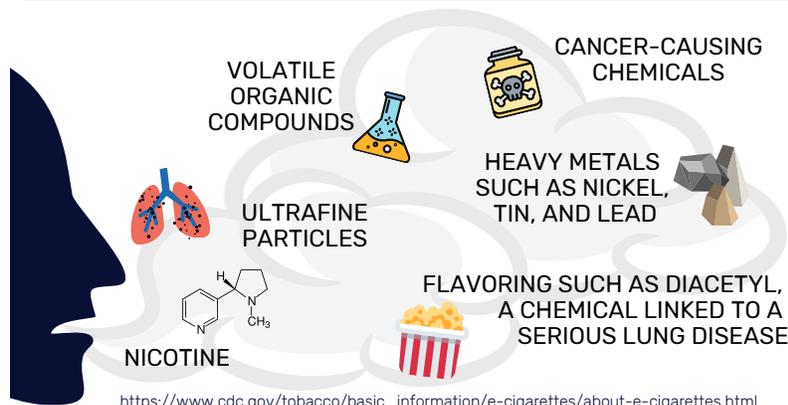
E-cigarette use compromises the immune system, making it more challenging to fight infection.

Anyone exposed to secondhand e-cigarette aerosol may be similarly vulnerable to COVID-19 as e-cigarette users.



[https://www.cdc.gov/pcd/issues/2019/18_0531.htm#:~:text=Among%20nonusers%20of%20e%20cigarettes,5.3%20million\)%20reported%20SHA%20exposure.](https://www.cdc.gov/pcd/issues/2019/18_0531.htm#:~:text=Among%20nonusers%20of%20e%20cigarettes,5.3%20million)%20reported%20SHA%20exposure.)

WHAT'S IN A VAPE CLOUD?



https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html

E-cigarette Free Youth keep our communities healthier.

Benefits of being e-cigarette free:

- Improves lung health and breathing
- Stronger immune system
- Better athletic performance
- Minimize exposure to secondhand aerosol
- Less stress. E-cigarettes are addictive. Addiction is stressful because it causes withdrawal symptoms.

To learn more about the risks of youth and vaping and how you can help, visit TobaccoFreeLancasterCounty.org

Ready to ditch vaping?
Text "DitchJuul" to 88709 for
free help to get started.

tobacco free
LANCASTER COUNTY