

# COVID-19 and Tobacco

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

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

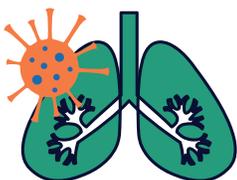


Tobacco use requires increased contact of the fingers (and possibly contaminated cigarette) with the mouth, which makes avoiding touching hands to face difficult.



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

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



People with poor lung function (as a result of tobacco 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 tobacco.



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



Tobacco use compromises the immune system, making it more challenging to fight infection.

## 28 million

multi-unit housing residents are exposed to secondhand smoke in their home or apartment each year.



Anyone exposed to secondhand tobacco smoke may be similarly vulnerable to COVID-19 as tobacco users.

Secondhand smoke can travel into an apartment from other parts of the building through doorways, cracks in walls, electrical lines, ventilation systems, and plumbing.



Cleaning the air and ventilating buildings cannot get rid of secondhand smoke.

A majority of multiunit housing residents want smoke free building policies.



## Smoke-Free Housing keeps our community safer.

Benefits of Smoke-Free Housing policies include:

- Improve air quality and health
- Save money in cleaning costs and fire damage
- Reduce smoking in youth and adults

Visit [tobaccofreelancastercounty.org](http://tobaccofreelancastercounty.org) to find smoke-free housing or to advertise your smoke-free property on our registry.

Ready to quit tobacco?  
Call 1-800-QUIT-NOW (784-8669)  
for help getting started.

**tobacco free**  
LANCASTER COUNTY