

COVID-19, Stress, 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.

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



Stress & Smoking

Some people smoke when they feel stressed, using it as a way to cope. There are reasons you may want to rethink using cigarettes as a way to cope with stress or other unpleasant feelings.

- ✓ Nicotine addiction causes stress.
- ✓ Cravings for nicotine feel stressful because your body begins to go through withdrawal.
- ✓ Smoking doesn't solve the problem that is giving you stress. Your stress will return.
- ✓ Smoking isn't a long-term stress reliever.

Prioritize Self Care



Take Care of Your Body

Try to eat healthy, exercise, get plenty of sleep, and avoid alcohol, other drugs, and tobacco.



Connect

Share your feelings with a friend or family member. Maintain relationships and rely on your support system.



Take Breaks

Make time to unwind. Try to do activities you enjoy.



Stay Informed

Watch for news updates from reliable sources.



Avoid

Avoid too much exposure to media coverage.

If you want help quitting tobacco, call 1-800-QUIT-NOW (784-8669) for free, confidential support.

tobacco free
LANCASTER COUNTY

Adapted from <http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance-OLD/coronavirus-disease-covid-19-outbreak-technical-guidance-europe-OLD/resources-for-tobacco-use-control-as-part-of-covid-19-response/infographic-information-note-on-covid-19-and-tobacco>, 2020