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!

CALIFORNIA SMOKERS’ HELPLINE
1-800-NO-BUTTS or 1-844-8-NO-VAPE
Text QUIT SMOKING or QUIT VAPING to 66819

For more information visit: tobaccopreventiontoolkit.stanford.edu