



Marlboro Alliance for the Prevention of Substance

We are a community that cares!
We are here to try and help you during this pandemic.
If you have any questions or concerns please email
Drugalliance@marlboro-nj.gov

Your Lungs and COVID-19

There has never been a better time for smokers to quit and for individuals to protect their health by avoiding use of all tobacco products, including e-cigarettes.

We all know that smoking increases the risk for respiratory infections and weakens the immune system. It is a major cause of a number of chronic health conditions, including chronic obstructive pulmonary disease, (COPD), heart disease and diabetes. There is growing evidence that vaping is harmful to your lungs. These factors put conventional smokers, and those that vape at greater risk when confronted with the coronavirus.

We all know that the coronavirus that causes COVID-19 attacks the lungs. This could be an especially serious threat to those who smoke tobacco, marijuana or who vape. Evidence has shown that exposure to aerosols from e-cigarettes is harmful to the cells of the lung. The lungs ability to respond to infection is diminished. Those with compromised lung function or lung disease related to smoking are at a higher risk for serious complications associated with COVID-19.

Now more than ever, it is more important for smokers to quit and for youth and young adults to stop using all tobacco products, including e-cigarettes, to protect their health. If you need a reason to quit look no further than COVID-19.

Resources to help smokers quit

1-800 QUIT NOW: call for free support

<https://truthinitiative.org/research-resources/quitting-smoking-vaping/covid-19-connection-smoking-and-vaping-and-resources-for-quitting>

<https://www.nj.gov/health/fhs/tobacco/vaping/young/>

<https://smokefree.gov/>

<https://www.drugabuse.gov/about-nida/noras-blog/2020/03/covid-19-potential-implications-individuals-substance-use-disorders>

<https://teen.smokefree.gov/quit-vaping>