



Smoking/Vaping & Coronavirus (COVID-19)

Give your lungs a fighting chance

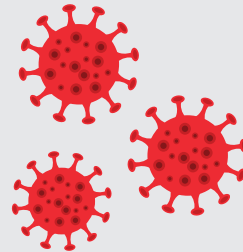
How is your risk of COVID-19 increased?

SMOKING OR VAPING CANNABIS OR TOBACCO

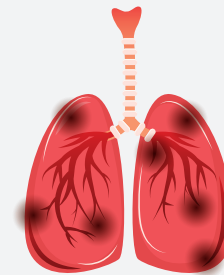
- Damages lungs
- Harms the immune system (body is less able to fight diseases)



COVID-19 Exposure



Infection is **↑ more severe**



We can help you quit!

Washington State Quitline · www.quitnow.net



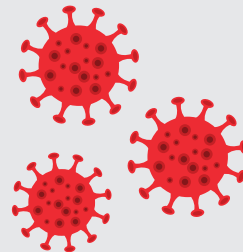
English: 1-800-QUIT-NOW (1-800-784-8669) · Español: 1-855-DEJELO-YA (1-855-335-3569)

Asian Smokers' Quitline: www.asiansmokersquitline.org

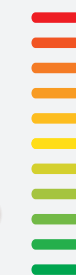
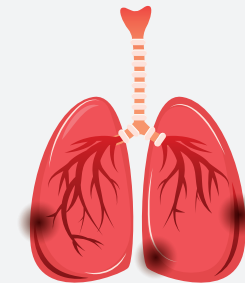
When you quit smoking or vaping, ***your lungs and your immune system get healthier***



COVID-19 Exposure



Infection is **↓ less severe**



Download free smoking and vaping quit apps: doh.wa.gov/quit

For more information about quitting tobacco or vaping: kingcounty.gov/tobacco/quit