

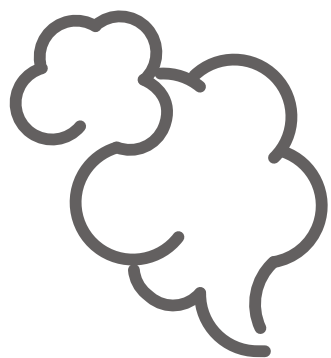
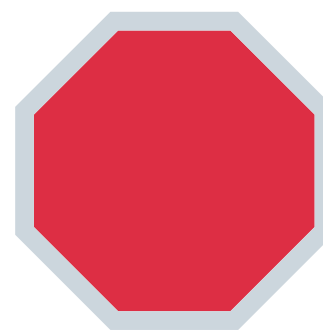
Those who smoke tobacco or marijuana or who vape, are at higher risk for COVID-19.

New CDC data reports that

**38%**

of hospitalized coronavirus patients in the U.S. were younger adults.

[www.cdc.gov](http://www.cdc.gov)



A study published by the New England Journal of Medicine, found that individuals who smoke tobacco or marijuana or who vape are up to

**2.4 times**

more likely to have severe symptoms from COVID-19 compared to those who did not

[www.lung.org](http://www.lung.org)

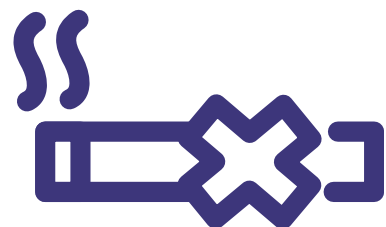
smoke.

While it's important to prevent getting COVID-19, it's also essential that we do what we can to keep our lungs healthy.

We know quitting is the single best thing you can do for your health, but it's especially important

**NOW.** [www.lung.org](http://www.lung.org)

## COVID-19 AND SMOKING



## Quitting

smoking and vaping can better equip your body to fight off this disease and reduce the chance of the most severe symptoms.

[www.lung.org](http://www.lung.org)

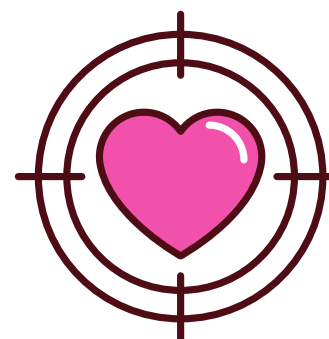
### Identify your smoking triggers:

Social distancing provides the perfect opportunity to focus on quitting.

### Refresh your space and day:

Use this time to relearn certain behaviors to avoid smoking.

[www.lung.org](http://www.lung.org)



**Stay connected:** Hangouts are going virtual - which is a great time to connect with others that are quitting.

**Get proven support:** Visit [FreedomFromSmoking.org](http://FreedomFromSmoking.org).

Text "DitchJUUL" to 88-709. Or call the Lung Help Line at 1-800-LUNGUSA

[www.lung.org](http://www.lung.org)



**1-800-QUIT-NOW**  
@WCUWellnessPromotion  
[www.wcupa.edu/wellness](http://www.wcupa.edu/wellness)

