



# Smoking/Vaping & Coronavirus (COVID-19)

## Give your lungs a fighting chance

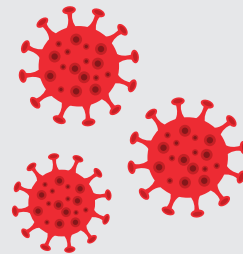
### How is your risk of COVID-19 increased?

#### SMOKING OR VAPING CANNABIS OR TOBACCO

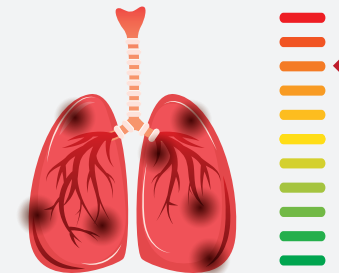
- Damages lungs
- Harms the immune system (body is less able to fight diseases)



#### COVID-19 Exposure



#### Infection is **↑ more severe**



### We can help you quit!

#### CALIFORNIA SMOKERS' HELPLINE

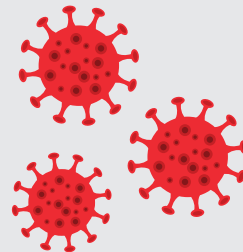
 1-800-NO-BUTTS or 1-844-8-NO-VAPE

 Text QUIT SMOKING or QUIT VAPING to 66819

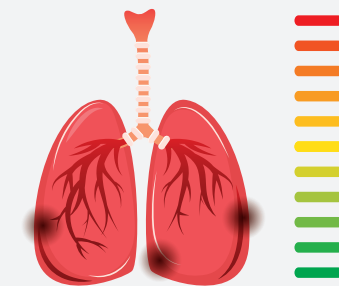
When you quit smoking or vaping, *your lungs and your immune system get healthier*



#### COVID-19 Exposure



#### Infection is **↓ less severe**



For more information visit: [tobaccopreventiontoolkit.stanford.edu](http://tobaccopreventiontoolkit.stanford.edu)



or

