

COVID-19 and Tobacco

Tobacco users may be at increased risk of getting infected with the coronavirus.

Some characteristics of tobacco use contradict current recommendations on how to prevent COVID-19.

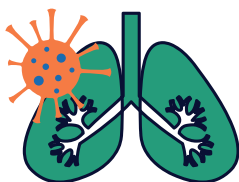


Tobacco use requires increased contact of the fingers (and possibly contaminated cigarette) with the mouth, which makes avoiding touching hands to face difficult.



Tobacco use is often a social activity, which diminishes the chances of safe physical distancing.

Tobacco users may be at increased risk of complications with COVID-19.



People with poor lung function (as a result of tobacco use or anything else) may be at higher risk of complications from COVID-19.



The coronavirus attacks the lungs, so it could pose an especially serious threat to those who use tobacco.



People who use tobacco generally face higher risks of respiratory tract infections, such as lung and chest infections.

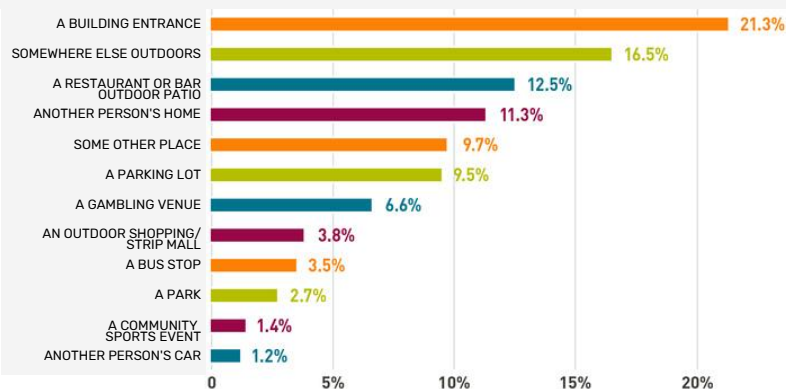


Tobacco use compromises the immune system, making it more challenging to fight infection.

Anyone exposed to secondhand tobacco smoke may be similarly vulnerable to COVID-19 as tobacco users.



PLACES WHERE PEOPLE REPORTED SECONDHAND SMOKE EXPOSURE IN THE LAST 7 DAYS



Truth Initiative, truthinitiative.org, November 2016

Tobacco-Free Parks keep our communities safer.

Benefits of tobacco-free parks policies include:

- Minimize exposure to secondhand smoke
- Change your community thinking by making tobacco use less visible to youth and adults who have quit tobacco use
- Reduce the number of youth that try tobacco products
- Cleaner parks to enjoy

For help becoming a tobacco-free community, visit tobaccofreelancastercounty.org.

Ready to quit tobacco?
Call 1-800-QUIT-NOW (784-8669)
for help getting started.

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LANCASTER COUNTY