

# Protect Yourself from COVID-19: Quit Smoking and Vaping

**One of the most important things you can do RIGHT NOW to protect yourself from COVID-19 is to quit smoking and vaping.**

Smoking and vaping could increase a person's risk of becoming infected with COVID-19 and experiencing severe symptoms,<sup>1</sup> such as shortness of breath, high fever, and extreme fatigue.

## Benefits of Quitting

While it is always a good idea to quit using tobacco and vapour products, quitting right now during the COVID-19 outbreak may be especially important. Potential benefits of quitting right now include:<sup>1</sup>

- Improved lung and heart health
- Lower risk of getting COVID-19
- Better ability to fight a COVID-19 infection
- Better ability to manage other existing medical conditions
- Reduced risk of death from severe COVID-19 infection
- Experience milder COVID-19 symptoms
- Faster recovery from a COVID-19 infection
- Reduced risk of spreading COVID-19 to other people

## Quitting Supports

Quitting smoking or vaping can be very difficult, especially during times of high stress and anxiety. You may be currently experiencing higher than normal levels of stress and anxiety, but it is important that you keep trying! The Middlesex-London Health Unit has many resources to help with quitting. We encourage you to explore a way that works best for you. Remember, anything you can do right now to help make your lungs and your immune system stronger is a good idea.

**Now is the perfect time to quit!**

[www.healthunit.com/quit](http://www.healthunit.com/quit)

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### Reference:

1. World Health Organization. (2020). *Tobacco Free Initiative: Tobacco and waterpipe use increases the risk of suffering from COVID-19*. Retrieved from: <http://www.emro.who.int/tfi/know-the-truth/tobacco-and-waterpipe-users-are-at-increased-risk-of-covid-19-infection.html>