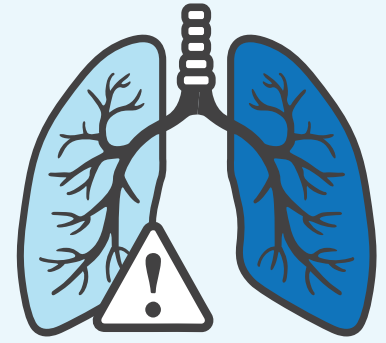
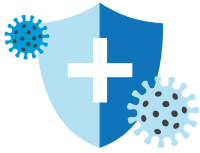


SMOKING AND COVID-19: WHAT YOU NEED TO KNOW

The scientific and medical community is learning more about the health implications smoking has on COVID-19, but there are reasons for concern. We do know that **being a current or former cigarette smoker increases your risk of severe illness from COVID-19.**¹



Know the risks



Smoking **suppresses immune function** in the lungs and triggers inflammation.²



Smoking can cause a **higher risk of getting lung and chest infections** in general.³



People who smoke have a **higher risk of dying from respiratory infections** such as influenza and pneumonia.³



Smoking is a major cause of heart disease and lung disease.³ **People of any age with severe underlying health conditions**, like heart disease and lung disease, **seem to be at higher risk of developing COVID-19.**⁴



Compared to nonsmokers, longtime pack-a-day smokers have **two times higher odds of being hospitalized and are almost two times more likely to die** following a COVID-19 diagnosis.⁵

We are here to help

If you ever had a reason to quit smoking, here's another one. The best thing you can do for your health is to stop smoking. If you need help quitting, Tobacco Free Florida offers free tools and services, like 24/7 access to speak to a Quit Coach and a 2-week supply of nicotine patches, gum or lozenges shipped to your home. Learn more about all our tools and services at: tobaccofreeflorida.com/quityourway.

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