



# Smoking and Vaping During Covid-19

**HEALTHY LUNGS ARE MORE IMPORTANT NOW THAN EVER.**

**Smoking/Vaping puts you at a higher risk for complications of COVID-19.**

When you smoke or vape, your fingers touch your lips. This raises the chance that the virus will spread from your hand to your mouth.

Smokers also exhale particulates from deep within their lungs into the air that may impact friends and family within that space.

COVID-19 can easily spread through indirect oral contact - shared vape pens, lighters, cigarette packs - all are potential sources of the virus.

**READY TO QUIT?**

1-800- QUIT- NOW  
(1-800-784-8669)

[smchd.org/tobacco/](https://smchd.org/tobacco/)

Text "Ready" to  
88709 or 200-400

**VapAware**  
Get The Facts

 ST. MARY'S COUNTY  
HEALTH DEPARTMENT

Paid for by Maryland Cigarette Restitution Fund