COVID-19 and tobacco use

REDUCE EXPOSURE TO SECOND-HAND SMOKE
Protect everyone by keeping homes and cars free from tobacco smoke

SECOND-HAND SMOKE PUTS YOU AT RISK OF GETTING RESPIRATORY INFECTIONS

Second-hand smoke is still a big problem in cars, homes and public places in Europe, with children especially at risk of inhaling fumes from people’s tobacco use.

#COVID19  #Coronavirus
Tobacco use leads to disease and disability and harms nearly every organ of the body, including the lungs.

The coronavirus attacks the lungs – if your lungs are already damaged by tobacco use, the effects of the virus could be worse.

Tobacco affects your immune system, meaning you’re less able to fight off infections.

#COVID19  #Coronavirus
CORONAVIRUS IS ANOTHER GOOD REASON TO QUIT TOBACCO USE

YOUR RISK OF GETTING THE CORONAVIRUS IS BIGGER IF YOU USE TOBACCO

Putting a tobacco product to your lips means your fingers come close to your face, which can spread the virus to your mouth, nose or eyes.

Tobacco use is often a social activity, so if you use tobacco with other people, you risk infecting each other.

Waterpipe users often share the same pipe – the virus can then be spread from person to person.

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CORONAVIRUS IS ONE GOOD REASON TO QUIT TOBACCO USE

- Quitting helps your lungs and heart to work better from the moment you stop.
- Quitting can help you to respond to the virus with milder symptoms and recover quicker.
- Quitting protects your loved ones, especially children, from exposure to second-hand smoke.
- Quitting can be made easier by using evidence-based self-help materials, such as WHO’s “A guide for tobacco users to quit”.

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