



Taking Care During Difficult Times

Smoking and Vaping

Protect your Lung Health During Covid-19 Pandemic

Smoking, Vaping and Your Lung Health

- Tobacco smoking is a known risk factor for many respiratory infections.
- E-cigarette use also increases the risks of lung inflammation and lowers your immune response.
- Because COVID-19 attacks the lungs, people who smoke and vape are at a higher risk of more severe illness.
- Investigation continues into vaping associated lung illness, also known as severe pulmonary illness. Read more [here](#).
- Smoking and vaping involve frequent contact between finger and lips which increases the possibility of transmission of virus from hand to mouth.

Children & Youth

- Secondhand smoke exposure increases the risk of hospital admissions from influenza-like illnesses among children under 15 years of age.

There has never been a better time for individuals to consider quitting to protect their health by avoiding use of tobacco products and e-cigarettes.

Vaping

- Vaping can increase your exposure to chemicals that could harm your health.
- Vaping could expose you to nicotine which is addictive.
- The potential long-term health effects of vaping remain unknown.
- Non-smokers, people who are pregnant, and youth should not vape.
- Vaping rates are high among NL Youth. Use this time to talk to your teens about the risks. Visit [Truthaboutvaping.ca](https://truthaboutvaping.ca) for information.
- Sharing vaping devices could enable the spread of **COVID-19** virus.

Starting a Smoke-free Lifestyle

- Establish new routines during the pandemic to support a smoke/vape free lifestyle such as making your home and vehicle smoke-free.
- If other family members smoke or vape, use this time to quit together.
- Visit the [Smokers' Helpline](#) for more information and coping strategies. Speak to a counsellor to receive personalized advice and support.

Supporting Your Well-being



Taking steps to quit or reduce smoking or vaping has many health benefits, even beyond a link with COVID-19.

When you're ready, there are supports available including talking to your healthcare provider, nicotine replacement therapies and the provincial toll-free quit line.

Supports are available to increase your chances of successfully quitting.

Newfoundland & Labrador Smokers' Helpline

The Smokers' Helpline offers free services including individual counselling, online supports, and text messaging, Call 1-800-363-5864 or visit www.smokershelp.net to find out more.



Provincial Smoking Cessation Program for Persons with Low Income

[The Provincial Smoking Cessation Program](#) aims to improve access to quit smoking medications and nicotine replacement products by contributing to the cost of these products for individuals who are eligible under **the Newfoundland and Labrador Prescription Drug Program (NLPDP) Access, Foundation and 65+ Plans**. Talk to your Healthcare provider about the best options for you.



For the most up-to-date information related to COVID-19, please visit www.gov.nl.ca/covid-19.

