



# COVID-19 & Smoking: What We Know

## Quitting smoking has immediate health benefits<sup>5</sup>

- The body begins repairing itself immediately after quitting smoking.
- Just 20 minutes after quitting, your heart rate lowers.
- Two weeks to 3 months after quitting, your heart attack risk begins to drop, and your lung function begins to improve.
- One year after quitting, your risk of coronary heart disease cuts to half that of smokers.



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## Being a current or former cigarette smoker increases your risk of severe illness from COVID-19

- People of any age who have underlying medical conditions are at increased risk for severe illness from COVID-19. The Centers for Disease Control and Prevention has identified smoking as one of these underlying medical conditions.<sup>1</sup>
- Smoking increases the risk for respiratory infections, weakens the immune system and is a major cause of many chronic health conditions, including chronic obstructive pulmonary disease (COPD), heart disease and diabetes.<sup>1</sup>
- Among adults who contracted COVID-19, smokers (current or former) were **2.3 times more likely to be hospitalized** than non-smokers, according to a recent Morbidity and Mortality Weekly Report (MMWR) from the CDC.<sup>2</sup>
- Smoking has been identified as a risk factor for progression of COVID-19, with **smokers having higher odds of COVID-19 progression** than never smokers.<sup>3</sup>

## Vaping may increase your risk of COVID-19 infection

- There is growing evidence that e-cigarette use, or vaping, can negatively impact lung health, as seen in the E-cigarette, or Vaping, Associated Lung Injury (EVALI) outbreak.
- A new study of 4,351 adolescents and young adults found COVID-19 diagnosis was **5 times** more likely among ever-users of e-cigarettes only, **7 times** more likely among ever-dual-users (users of both e-cigarettes and cigarettes), and **6.8 times** more likely among past 30-day dual-users.<sup>4</sup>

## There has never been a better time to quit smoking and vaping

- The Montana Tobacco Quit Line is **open and ready to help** you during the COVID-19 pandemic. Call 1-800-QUIT-NOW or visit [quitnowmontana.com](http://quitnowmontana.com)
- The Montana Tobacco Quit Line offers free coaching, free nicotine replacement therapy and Bupropion at a \$5 copay
- There's no need to leave your home; nicotine replacement therapy will be shipped directly to your residence.
- Medicaid enrollees have access to free nicotine replacement therapy, free Bupropion and free Chantix with a doctor's prescription. Many pharmacies are offering free delivery of medications right now.
- If your child is one of 5 Million kids who use e-cigarettes, help your child quit. There's never been a better time to encourage them to get help at MyLifeMyQuit, for those under the age of 18.



## SOURCES

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