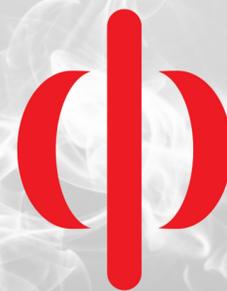


Vaping Among Young Adults Increases Risk of Contracting COVID-19



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What is the relationship between vaping and COVID-19?

E-cigarette use among American young adults and teenagers has been linked to an increased risk of contracting COVID-19. Young adults who report using e-cigarettes, alone or in addition to combustible cigarettes, are five to seven times more likely to become infected with the virus than non-vaping young adults. Vaping and e-cigarette use may increase the likelihood of becoming infected for a number of reasons.

How does vaping weaken the body?

E-cigarettes impair the lungs' ability to function properly and fight off infections. Vaping has been shown to suppress the body's immune response. When immunity is suppressed, the body is more susceptible to infections and severe health outcomes. The chemicals from e-cigarettes also harm the lungs through inflammation or tissue damage. When the lungs are inflamed, toxins and mucus are not as easy to clear out of the airways, which makes breathing difficult.

What can I do?

A respiratory infection like COVID-19 may take advantage of the weakened respiratory system of e-cigarette users, which may increase the risk of hospitalization, being placed on a ventilator, and death. One of the best things you can do for yourself and your community is to quit vaping now. For more information on quitting, visit our website: www.resphhealth.org/vape. As always, remember to practice preventive measures:



Wear a face covering



Stay six feet apart from others



If you're feeling ill, stay home

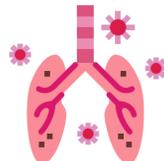


Regularly clean frequently touched items



Use hand sanitizer or wash your hands often

How does vaping contribute to the spread of COVID-19?



Lungs are damaged from vaping and are more susceptible to disease.



E-cigarette users touch their mouth with their hands more often than non-users.



Sharing devices, common among young people, contributes to the spread of the virus.

Why are young people more at risk?

The number of young people who vape continues to increase across the US, which contributes to an increased risk of contracting COVID-19 among this group. Young adults now have the largest number of COVID-19 cases of any age group. The vaping epidemic paired with the COVID-19 pandemic makes communities especially vulnerable to the spread of COVID-19.