



Taking Care During Difficult Times

Smoking and Vaping Concerns

Protect your Lung Health During Covid-19 Pandemic

Smoking, Vaping and Your Lung Health

- People who smoke cigarettes are at a higher risk of developing lung and chest infections in general.
- E-cigarette use also increases the risks of lung inflammation and lowers your immune response.
- Dual use, the most common use pattern, is riskier than using either product alone.
- Because it attacks the lungs, COVID-19 could be an especially serious threat to those who smoke tobacco or vape.

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 smokers to quit and for individuals to protect their health by avoiding use of all tobacco products, including e-cigarettes.

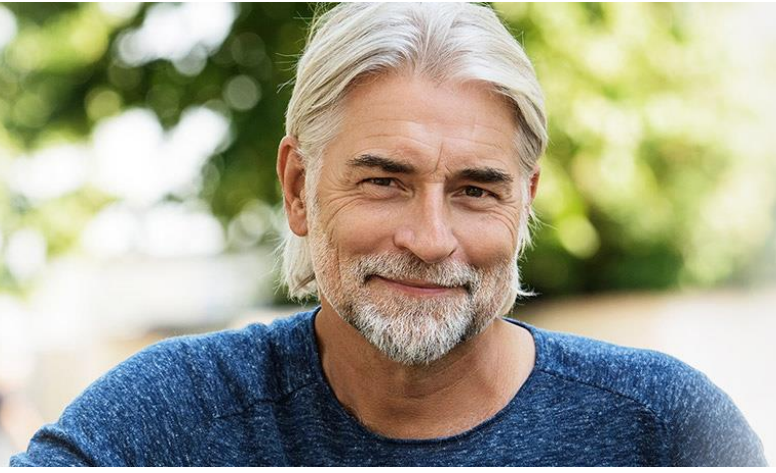
Vaping Concerns

- 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 will enable the spread of Covid-19 virus.
- The recent outbreak of e-cigarette, or vaping-associated lung illness, predominantly affecting young people, is still a major public health concern. Read more [here](#).
- For health reasons, it is safest to avoid vaping liquid cannabis extracts or pods containing THC.

Starting a Smoke-free Lifestyle

- Establish new routines during the pandemic to support a smoke/vape free lifestyle such as making your home & 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



It's not clear how long a person needs to stop smoking and/or vaping to reduce their risk of these complications. It's important to remember stopping smoking and/or vaping has many health benefits, even beyond a link with COVID-19, so it's always a good time to quit.

Smoking Cessation 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. Speak to your Health Care provider or the [Smokers' Helpline](#) for more information.



For information on Coronavirus (COVID-19), visit <https://www.gov.nl.ca/covid-19/>