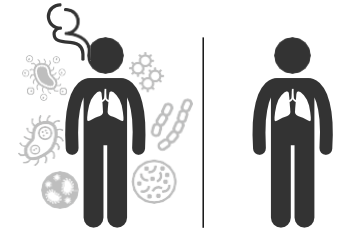


Marijuana and Tobacco Use in the Time of COVID-19

Smoking or vaping increases risks associated with COVID-19.

COVID-19 is an infectious disease that **attacks the lungs.**



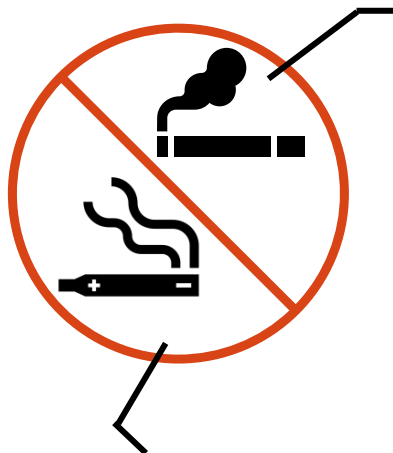
Smoking or vaping marijuana or tobacco increases your risk of severe illness from COVID-19.

Vaping is linked to a substantially increased risk of COVID-19 among teenagers and young adults.

Smoking or vaping impairs lung function making it harder for the body to fight off coronaviruses and other respiratory infections.

Design Courtesy of Virginia Department of Health

You can reduce your risk of serious illness from COVID-19 by **smoking or vaping less marijuana or tobacco.**



When you stop using marijuana or tobacco, you not only reduce your risk for serious illness from COVID-19, you also:



Save money

Improve concentration



Reduce mood swings



Reducing use or quitting can be more successful with support. Help options include:



Ask your health care provider for help



Text 88709 and use opt-in term **VtVapeFree** to get support through texts



For help with tobacco, visit **802quits.org** or call **1-800-QUIT-NOW**

