

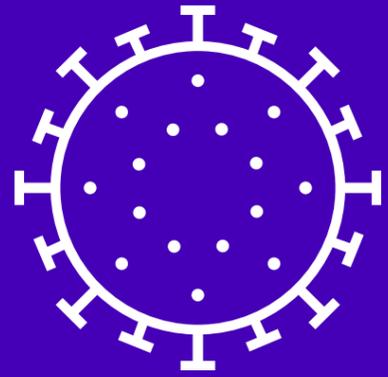
Smoking & COVID-19

FAQ

Here are some frequently asked questions about the impact of tobacco and smoking on COVID-19, and tips for prevention.

Does Smoking Increase Your Risk of Getting COVID-19?

Smoking is a known risk factor for many respiratory infections and increases the severity of respiratory diseases. Cigarettes adversely affect lung function and inhibit the body's ability to fight infections. Nicotine increases ACE-2 expression which may lead to increased susceptibility of the disease.



Does Smoking Increase the Risk of COVID-19 Severity?

Individuals who smoke are more likely to have severe symptoms. Research suggests that current smokers are 1.5 times more likely to have severe symptoms; and 2.5 times more likely to be admitted to the ICU, need a ventilator, or die compared to those who never smoked.

[Prevalence, Severity and Mortality associated with COPD and Smoking in patients with COVID-19](#)

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Youth who use vaping devices may do so in social settings without social distancing and may share devices which can all impact the risk of spreading and contracting COVID-19.

Does Vaping Impact COVID-19 Severity?

Nicotine and other chemicals found in e-cigarettes can inhibit the immune system and affect lung function. E-cigarettes can affect a lipid layer in the lungs that traps viruses, bacteria, and other foreign particles. It can also decrease the number of cilia that help clear pathogens out of the lungs. One study found that both testing and COVID-19 diagnosis were more prevalent among individuals who reported using e-cigarettes. Individuals who used both cigarettes and e-cigarettes were almost 5 times more likely to experience symptoms.

Can Secondhand Smoke Increase the Risk of Contracting COVID-19?

The exhalation of secondhand smoke (SHS) from cigarettes and e-cigarette aerosol can transmit the COVID-19 virus farther than usual. The virus can attach to particles in the SHS and travel 3-5 times farther than they would by being in the air. Removing face coverings to smoke or vape indoors undermines the proven benefit of face coverings and increases the risk of transmitting or inhaling COVID-19.



How Can I Prevent Exposure to Secondhand Smoke or Aerosol?

The state of Illinois prohibits smoking in public places through the Smoke-free Illinois Act. This does not include electronic cigarettes. In Lake County 6 municipalities have passed local ordinances to protect residents from exposure to secondhand aerosol. [Click this link to participate in a survey and share your opinions on tobacco policies preventing exposure to secondhand smoke and/or aerosol.](#) If you would like more information on how to protect your customers, employees, families or residents from the dangers of secondhand aerosol contact Tobacco Free Lake County.

The Smoke-free Illinois Act prohibits smoking indoors and within 15 feet of entrances. To report a violation visit:

<http://www.idph.state.il.us/sfi/public/>

For More Information Contact:

Tobacco Free Lake County
Lake County Health Department
PH: 847-377-8090
Email: tflc@lakecountyil.gov



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Sources:

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