

THIS INFORMATION IS FOR PEOPLE WHO:  
**currently smoke or used to smoke**

# KNOW THE RELATIONSHIP BETWEEN SMOKING AND COVID-19

**COVID-19 spreads fast. In some people it can start with mild symptoms and quickly progress to more severe disease.**



## What is COVID-19?

Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus.<sup>1</sup> If you are infected with the virus, you will most likely experience mild to moderate respiratory illness.<sup>1</sup>

Most people can expect to get better without needing special treatment, but some people can become very sick and require medical attention.<sup>1</sup>

## Are you at increased risk?

**3 in 5 (60%)**  
adults in the United States  
have a chronic disease<sup>2</sup>



**The older you are, the greater the chance of having at least one medical condition that can put you at high risk of getting very sick from COVID-19.<sup>3</sup>**

The likelihood of **having one or more such medical conditions** increases by<sup>3</sup>:

**10%** for people up to and including age 25 years

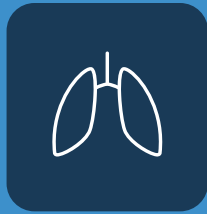
**33%** for people up to and including age 50 years

**66%** for people up to and including age 70 years

# You are more likely to develop serious illness from COVID-19 if you have a condition or risk factor like<sup>4</sup>:



Heart conditions



Lung disease



Diabetes



Cancer



Racial, ethnic, and socioeconomic disparities



Overweight or obese



Immunocompromised condition



Age

*This list does not include all possible conditions.*

If you have diabetes, heart disease, lung disease, or cancer and you get COVID-19, **you are more likely to**<sup>4-8</sup>:

Get very sick

Be hospitalized

Need a machine to help you breathe

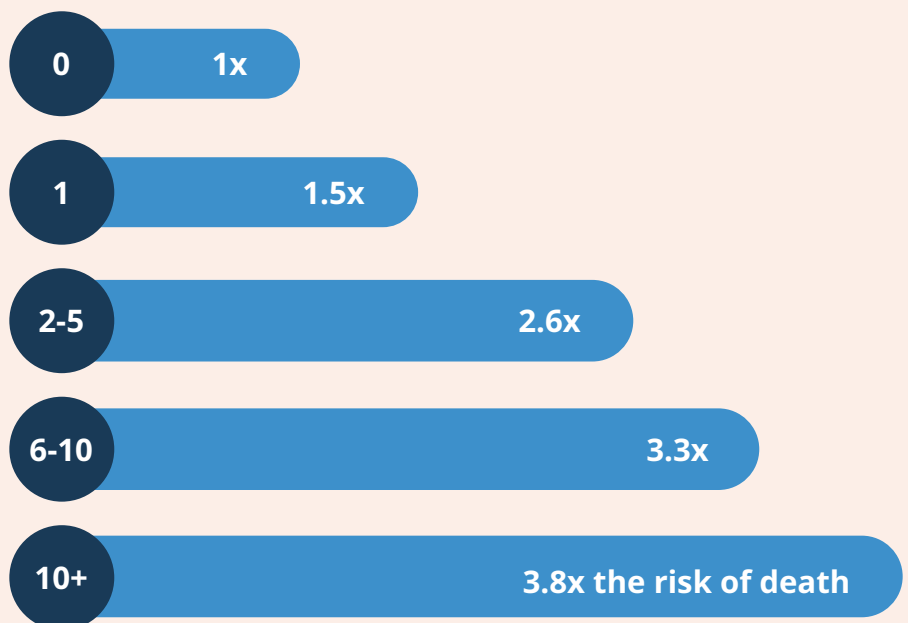
Need intensive care

Die

The number of high-risk medical conditions you have **increases your risk of death** from COVID-19<sup>4,7</sup>:

● Number of high-risk medical conditions<sup>7</sup>

● Risk of death<sup>7</sup>



# COVID-19 and smoking

If you are a current or former smoker, you are at **high risk of getting very sick and having complications** from COVID-19<sup>4,7</sup>



If you **currently smoke or used to smoke**, your risk of getting very sick from COVID-19 is

**1.5x**

**higher** than a person with no smoking history.<sup>7</sup>

## Smoking is associated with<sup>9</sup>:



Weakening of the immune system



Lung inflammation



Increased risk of pulmonary infection

Smoking is associated with many other **high-risk factors for COVID-19**, including<sup>4,7,9</sup>:

**ASTHMA**

**CANCER**

**CHRONIC LUNG DISEASE**, including chronic obstructive pulmonary disease (COPD)

**CORONARY ARTERY DISEASE**

**DIABETES MELLITUS (TYPE 2)**

**HEART FAILURE**

**POSSIBLY HYPERTENSION**

**STROKE OR CEREBROVASCULAR DISEASE**

**TUBERCULOSIS**



Smoking is the **primary cause of COPD**, which is associated with

**2x** the **risk of COVID-19-related death** when compared with those without COPD<sup>10</sup>



The CDC considers smoking and being a former smoker as high-risk factors for the progression to severe COVID-19, and **recommends that current smokers quit and former smokers refrain from starting again**<sup>4</sup>

Talk to your doctor if you have questions about **how to quit smoking**

# If you think you have been infected with COVID-19, remember to **ACT** fast.

## A

**Assess** for COVID-19 symptoms and your risk factors

## C

**Confirm** that you have COVID-19 with your healthcare professional

## T

**Talk** to your healthcare professional about treatment options

# A

**Assess** for COVID-19 symptoms and your risk factors like smoking

If you have been exposed to COVID-19, you may start having symptoms 2 to 14 days after exposure.<sup>11</sup> COVID-19 symptoms can be similar to other infections, like the flu.<sup>12</sup>

**If you have flu-like symptoms, it may be COVID-19.<sup>12</sup>**  
**Symptoms of COVID-19 can look like<sup>11</sup>:**



Congestion or runny nose



Headache



Cough



Muscle or body aches



Sore throat



Nausea or vomiting



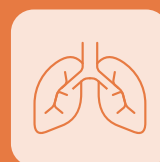
Fatigue



Diarrhea



New loss of smell and/or taste



Shortness of breath or difficulty breathing



Fever or chills

C

## Confirm that you have COVID-19 with your healthcare professional

If you have any COVID-19 symptoms or test positive, **talk to your healthcare professional right away.**

If you do not have symptoms but think you've been exposed to COVID-19, wait at least 5 full days after exposure and then test for COVID-19 infection.<sup>13</sup>



If you have COVID-19, **do not delay.** Even if your symptoms are mild, treatment must be started within days after you first develop symptoms to be effective.<sup>14</sup>



If you find it hard to breathe, get **immediate medical attention.**<sup>15</sup>

T

## Talk to your healthcare professional about treatment options



Treatment options for COVID-19 can be discussed to see if one is right for you.<sup>14</sup>



These treatments must be taken within days if you begin having symptoms.<sup>14</sup>



This is why it is so important to contact your healthcare professional as soon as possible.<sup>14</sup>

## References

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