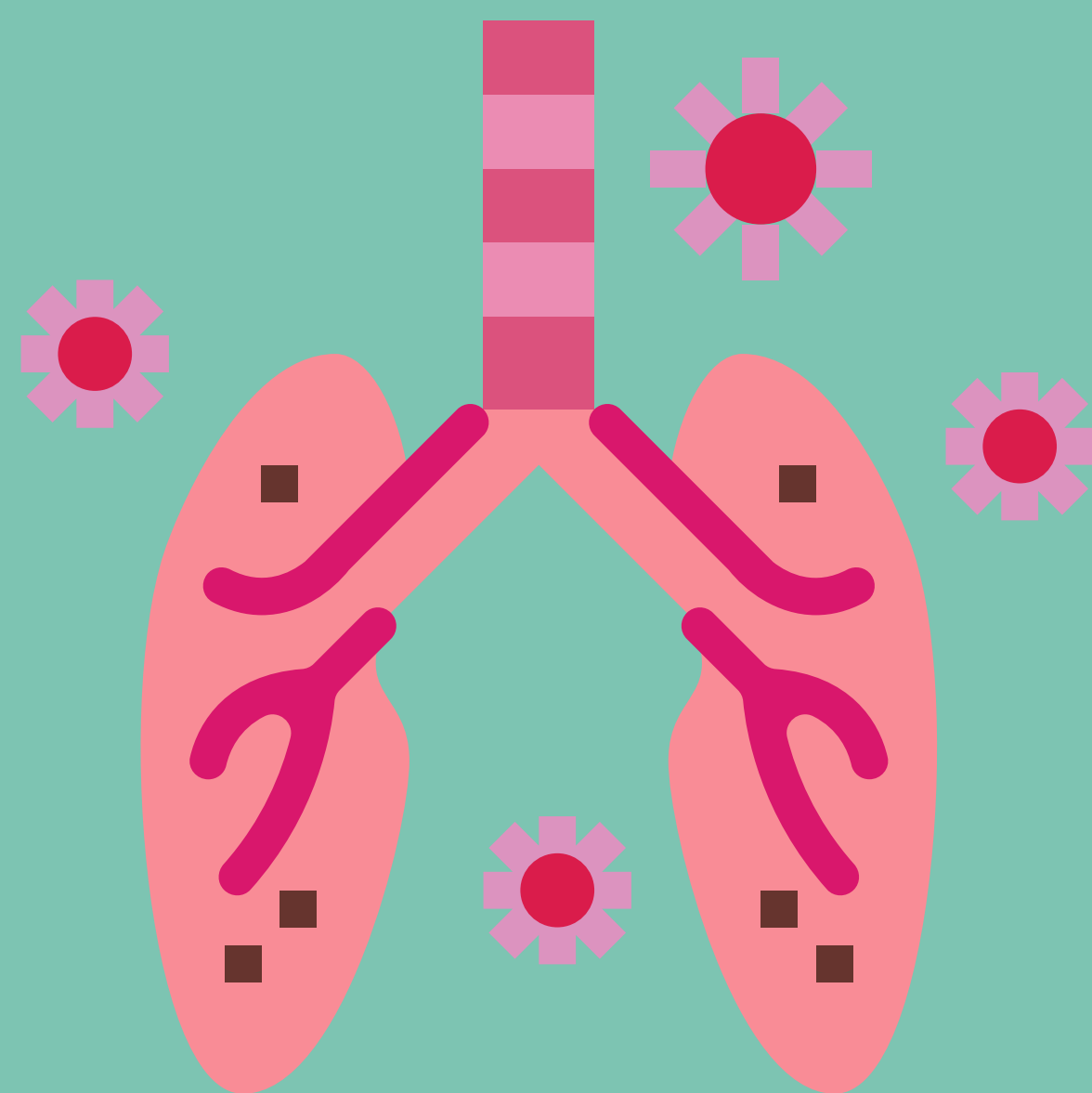


# Covid-19 & Vaping: What should youth know?

- The coronavirus that causes Covid-19 targets the lungs (1).
- When one chooses to vape (nicotine and/or marijuana), it risks harming lung health.
- Vaping exposes the lungs to a variety of chemicals/toxins that may affect lung function and could cause inflammation in the lungs (2, 3, 4). Due to this, it may be more difficult for lungs to fight off viruses and infection (5).
- Additionally, sharing devices is common among young people and vaping may cause one to touch hands to mouth more often (2,5). These factors may increase one's risk of being exposed to the coronavirus that causes Covid-19 (2,5).



## Resources to Help Youth Quit:

- My Life My Quit  
[mylifemyquit.com/](http://mylifemyquit.com/)
- This is Quitting  
[truthinitiative.org/thisisquitting](http://truthinitiative.org/thisisquitting)
- Quit Vaping  
[teen.smokefree.gov/quit-vaping](http://teen.smokefree.gov/quit-vaping)

## Resources for More Information:

- Centers for Disease Control & Prevention  
[cdc.gov](http://cdc.gov)
- National Institute on Drug Abuse (NIDA)  
[drugabuse.gov](http://drugabuse.gov)

## References:

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- (2)Giaha, S. M., Cheng, J., Halpern-Felsher, B. (2020). Association Between Youth Smoking, Electronic Cigarette Use, and Covid-19. Journal of Adolescent Health, 67(4), 519-523. <https://doi.org/10.1016/j.jadohealth.2020.07.002>
- (3)Fliesler, N., (2020, April 28). Vaping and Covid-19: A Toxic Blend?. Boston Children's Hospital. <https://discoveries.childrenshospital.org/vaping-and-covid-19/>
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- (5)(2020). Going Smoke Free or Vape Free: Reducing your Risks for Covid-19. Stanford Medicine. <https://med.stanford.edu/tobaccopreventiontoolkit/COVID-19.html>