



# National Indian Health Board NATIONAL TRIBAL COVID-19 RESPONSE

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## COVID-19 Risk and Smoking

Smokers may be more vulnerable to COVID-19 due to fingers coming in contact with lips which increases the possibility of transmission of virus from hand to mouth. Also, some smokers may have lung disease or reduced lung capacity which can greatly increase risk of serious illness should they become infected with COVID-19.

### Smoking's Impact on the Body

- A person who smokes commercial tobacco products may be at greater risk for, and may have a harder time recovering from, respiratory illnesses, such as COVID-19.
- Cigarette smoking can suppress the immune system and cause heart and lung diseases.
- Conditions that increase oxygen needs or reduce the ability of the body to use it properly will put patients at higher risk of serious lung conditions such as pneumonia.

### Smoking and Social Gatherings

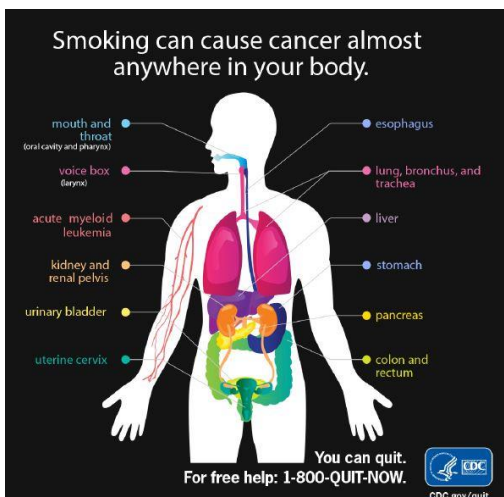
- Smoking products such as hookah or water pipes often involve the sharing mouth pieces and hoses. This could potentially transmit COVID-19 in group or social gatherings.

**REMINDER:** Social-physical distancing - staying 6 feet way from other people and staying home unless you have to go out for essentials is recommended.

### Help Quitting

Now – with increased risk of COVID-19 complications, stay-at-home orders, and many experiencing financial uncertainty – is a good time to consider quitting commercial tobacco use.

- American Indian Commercial Tobacco Program (AICTP) - 1-855-372-0037
- 1-800-QUIT NOW or visit [www.cdc.gov/quit](http://www.cdc.gov/quit)



For more information about information about people who are at higher risk for severe illness related to COVID-19 visit <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

**Disclaimer:**

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