



## COVID-19 and Tobacco Use Facts

Researchers and medical professionals are saying it is reasonable to assume that smoking could increase the risk of developing serious adverse effects from COVID-19.

### **FACT 1**

Long-term smokers are at a heightened risk of developing chronic lung conditions. The CDC has said that those with serious underlying medical conditions, such as lung disease, heart disease, and diabetes, may be at a higher risk from COVID-19.

### **FACT 2**

Experts are warning, based on current research, that people with compromised health due to smoking and people with opioid, methamphetamine, cannabis, and other substance use disorders could find themselves at increased risk of COVID-19 and its more serious complications.

### **FACT 3**

With the global outbreak of COVID-19, now is the best time to quit tobacco use to keep your body resilient against disease.

### **READY TO QUIT?**

There are free resources available that Hoosiers can use in the comfort of their own home, including the Indiana Tobacco Quitline. Those who are ready to quit can call 1-800-Quit-Now for phone counseling, or visit [www.quitnowindiana.com/more-information-form](http://www.quitnowindiana.com/more-information-form).

Youth and young adults interested in quitting can text 'Indiana' to 88709 to enroll in the This Is Quitting free text-messaging program.

To get the latest information about coronavirus and the Indiana Department of Health preparations, visit [www.coronavirus.in.gov](http://www.coronavirus.in.gov).



Indiana Tobacco Quitline offers you options to quit at your own pace.  
No lectures. No pressure. Call 1.800.Quit.Now (1.800.784.8669).

---

**NO JUDGMENTS. JUST FREE HELP.**