



March 30, 2020

## Are Smokers and Vapers at Higher Risk of COVID-19 Infection?

### Risk of Hand-to-Mouth Virus Transmission

Smoking and vaping involve frequent contact between fingers and lips, which increases the possibility of transmission of virus from hand to mouth. In some cases, smoking and vaping involve the sharing of cigarette and e-cigarette products and mouth pieces, which could facilitate the transmission of COVID-19 in public and social settings.

### Risk from Reduced Lung Capacity

COVID-19 is a lung illness that can cause patients to experience mild to severe lung complications. Pre-existing lung disease or reduced lung capacity may greatly increase risk of serious illness. Activities like smoking and vaping that reduce the ability of the body to use oxygen properly could put patients at higher risk of COVID-19 and other serious lung conditions. More research is needed and new evidence is emerging.

## COVID-19 in Relation to Smoking and Vaping: Research, Resources, and News

### Peer-Reviewed Literature

- [Smoking or Vaping May Increase the Risk of a Severe Coronavirus Infection](#), *Scientific American*
- [COVID-19 and smoking: resources, research and news](#), *BMJ Tobacco Control*
- [COVID-19 and smoking: A systematic review of the evidence](#), *Tobacco Induced Diseases*
- [What are the respiratory effects of e-cigarettes?](#) *BMJ*
- [Smoking Upregulates Angiotensin-Converting Enzyme-2 Receptor: A Potential Adhesion Site for Novel Coronavirus SARS-CoV-2 \(Covid-19\)](#), *Journal of Clinical Medicine*
- [Analysis of factors associated with disease outcomes in hospitalized patients with 2019 novel coronavirus disease](#), *Chinese Medical Journal*



# COVID-19 FAQs

## Hospitals and Health Organizations

- [Q&A on smoking and COVID-19](#), World Health Organization
- [COVID-19: Never has it been more important for smokers to quit and for individuals to avoid damaging their lungs by vaping](#), Campaign for Tobacco-Free Kids
- [COVID-19: Potential Implications for Individuals with Substance Use Disorders](#), National Institute on Drug Abuse
- [Reduce your risk of serious lung disease caused by corona virus by quitting smoking and vaping](#), Center for Tobacco Research Control & Education
- [What smokers should know about COVID-19](#), Mayo Clinic
- [Teens, Vaping and Coronavirus \(COVID-19\): Is There a Connection?](#) Cleveland Clinic
- [Protect yourself from COVID-19: Stop smoking and vaping now](#), California Department of Public Health

## News

- [Is There Actually a Link Between Vaping and Coronavirus?](#) Time Magazine
- [Does vaping make you more susceptible to coronavirus?](#) CBS
- [Why social distancing provides a 'golden opportunity' for teens to quit vaping](#), Today
- [How smoking, vaping and drug use might increase risks from Covid-19](#), CNN Health
- [Doctors worry about the terrifying possibility that vaping makes COVID-19 worse](#), Digital Trends
- [Fact Checking: Smoking, vaping could make COVID-19 worse](#), ABC
- [Young people have no 'bulletproof' protection from COVID-19 — particularly smokers and vapers](#), CBC