



Smoking, Vaping and COVID-19

There are risks associated with [smoking](#), [vaping](#) (also known as e-cigarette use) and [COVID-19](#), but resources are available to help you quit or cut back.

If I smoke or vape, what are the COVID-19-related risks?

Quitting or cutting back on smoking or vaping is more important than ever.

- **Smoking** increases the risk of severe illness from COVID-19.
- **Vaping** can cause lung injury and may affect lung health in other ways. It is possible that vaping may increase the risk of severe illness from COVID-19, but this is still being studied.
- Sharing vape pens, hookah pipes, or other tobacco or cannabis products with others can spread infections like COVID-19 and flu.
- Being near someone who is smoking or vaping also increases risk of COVID-19 exposure because a person cannot wear a face covering while smoking or vaping. Wearing a face covering and keeping at least 6 feet of distance from others are [key actions](#) to prevent the spread of COVID-19.
- Do not smoke or vape indoors. Smoking or vaping near other people can expose them to harmful chemicals through secondhand smoke or aerosol (from vaping).

What are resources to help me quit or cut back on smoking or vaping?

Help is available if you are interested in quitting smoking or vaping. Even if you are not ready to quit yet, nicotine replacement therapy (NRT) can help you manage nicotine cravings in places or situations where you cannot smoke, or if you are trying to cut back to protect those around you from secondhand exposures.

- Visit the [New York State \(NYS\) Smokers' Quitline](#) or call 866-NY-QUITS (866-697-8487) to talk to a quit coach. You can apply for a free starter kit of nicotine medications that will be mailed to you. Currently, an extended three-month supply of free nicotine gum is available, while supplies last.
- Talk to your health care provider about medications and counseling to help you manage cravings. Telehealth or other remote visit options may be available. Most health insurance plans, including [Medicaid](#), cover medication and counseling services.
- Talk to a pharmacist for advice on quitting or cutting back, including on over-the-counter medication options, such as a nicotine patches, gum or lozenges.
- Teens and young adults ages 13 to 24 who want to quit or cut back on vaping can text "DROPTHEVAPE" to 88709 to join [This is Quitting](#), a free Truth Initiative texting support program.
- Check out the [New York City \(NYC\) Health Map](#) or the [Guide to Smoking and Vaping Cessation Programs in NYC](#) to find local quit-smoking and quit-vaping programs. Call in advance to check on service changes.

What other resources are available to help me stay healthy during this public health emergency?

- Do not deal with stress, anxiety or social isolation alone. NYC Well is your connection to free, confidential mental health support. Speak to a trained counselor 24/7 and get access to mental health and substance use services in more than 200 languages. For more information, call 888-NYC-WELL (888-692-9355), text "WELL" to 65173 or visit nyc.gov/nycwell.
- Although the flu vaccine will not prevent COVID-19, it will help decrease the risk of you and those around you getting sick and needing flu-related medical care. For more information or to find a location to get your flu vaccine, call **311**, text "flu" to 877-877 or visit nyc.gov/flu.
- Call the new COVID-19 hotline at 212-COVID19 (212-268-4319) to get information about testing sites, advice from medical staff, information about quarantining, mental health support and more.
- The COVID-19 vaccine is now available to certain groups in NYC. To learn more, including which groups are currently eligible for the vaccine, visit nyc.gov/covidvaccine. If you are eligible, visit nyc.gov/vaccinefinder to find a vaccination site near you and make an appointment. You can also call 877-VAX-4NYC (877-829-4692) to make an appointment.

For more information on smoking or vaping, visit nyc.gov/health and search for [NYC Quits](#) or nyc.gov/health and search for [e-cigarettes](#). For more information on COVID-19, visit nyc.gov/health/coronavirus.

The NYC Health Department may change recommendations as the situation evolves.

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