

COVID-19: TOBACCO USE AND VAPING

SMOKING

Smoking cigarettes/*bidis*/*kreteks*/*sheesha* and other forms of smoking products can increase your chances of getting COVID-19 by:

Transferring the virus by bringing your hands to your mouth



Smoking damages lungs, heart and other body parts and may increase your risk of getting a severe case of COVID-19.

VAPING

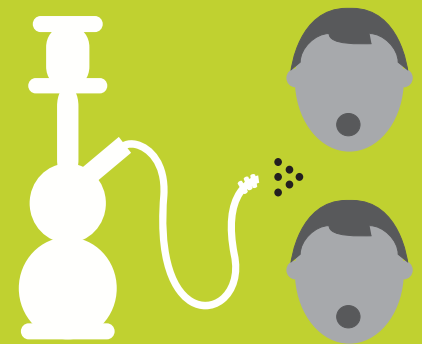
Vaping makes lungs more vulnerable to infection and disease. It also weakens the immune system.



SHEESHA

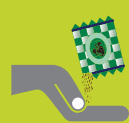
Sharing tobacco products such as waterpipe/*sheesha*/*hukka* can transmit the virus between people.

The *sheesha* apparatus (including the hose and chamber) itself may contribute to this risk by providing an environment that promotes the survival of the virus outside the body, as it is not cleaned often in social and community settings.

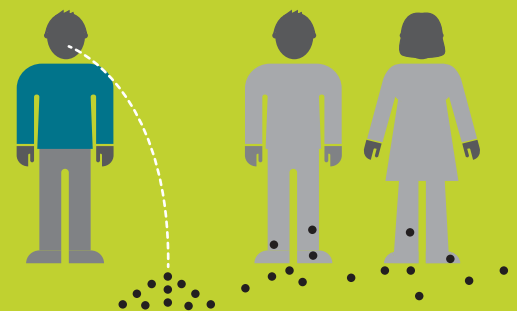


SMOKELESS TOBACCO AND BETEL NUT CHEWING

Chewing smokeless tobacco (*khaini*, *zarda*, *gutka*, *paan* and *paan masala* with tobacco) and areca nut (*supari*) increase saliva production and enhances the urge to spit repeatedly.



Spitting in public places could increase the spread of COVID-19.



QUIT NOW – IT IS NEVER TOO LATE TO QUIT!