



Smoking and COVID-19 FAQ

Does Smoking cause COVID-19?

No it does not cause COVID-19.

There's little evidence that smokers are more likely to be infected by coronavirus. Anyone is at risk of getting infected.

However, similar to people with heart disease or diabetes, smokers have a significantly higher risk of experiencing severe or life-threatening symptoms if they do get infected.

How is Smoking linked to COVID-19?

Growing evidence shows that when smokers get infected they are more likely to experience more severe symptoms and more likely to reach the chronic stage of the disease.

Smokers who get infected by the virus are substantially more likely to suffer serious illness and to need hospitalization relative to non-smokers.

Smoking damages the immune system and the lungs making it difficult for the body to fight off infections. It is also important to note that smoking is a high risk factor for most underlying conditions like diabetes and heart disease.

Another concern is the constant hand to mouth action of smoking which increases the risk of transmission of the virus, at a period where everyone needs to avoid touching their faces.

What about e-cigarettes?

E-cigarettes have similar effects on the body as does normal cigarettes. E-cigarette use damages the lung and immune system. It compromises the ability of the lungs to fight infections like COVID-19.

E-cigarettes are also linked to heart disease and respiratory damages.

What about Hookah pipes?

Hookah pipes use tobacco and tobacco in all its forms damages all organs of the body and weakens the immune system.

Additionally, the use of Hookah pipes increases transmission of the COVID-19 virus, because people share the hose of the hookah pipes. The same concern has always been shared in the case of other infections, for example TB transmission.

Evidence also shows that many of these hookah pipes are not cleaned thoroughly and people must refrain from using them.

How will stopping smoking help me during this time?

Now is the time to take care of your own lungs by not smoking cigarettes, shisha, vaping or using e-cigarettes. Stop smoking now and do the best you can to boost your immune system and improve your lung health.

We don't know if quitting smoking now will immediately lower the risk of severe symptoms for smokers, but certainly there are many good reasons to quit.

As soon as you stop smoking your body starts to heal, your risk of serious diseases drops and your immune system gets a boost. Your lungs start to function better and your body can fight off infections much better.

It is also important to remember to look ahead, the benefits go beyond COVID-19. Stopping smoking is good for overall health.

Stopping smoking is good for your family

Second-hand smoke damages lungs and depresses the immune system increasing susceptibility to chest and respiratory infections.

Protect the lungs of those around you, particularly children and the elderly, and ensure they are not exposed to second-hand smoke.

With more people spending increased amounts of time at home, stopping smoking will protect them from second-hand smoke.

If you smoke, take extra precautions to avoid exposure, especially if you have other risk factors, such as diabetes or a history of cardiovascular diseases.