



Smoking/Vaping & Coronavirus (COVID-19)

Give your lungs a fighting chance

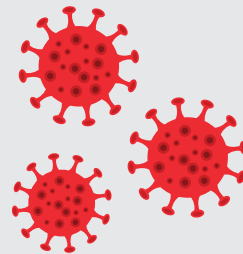
How is your risk of COVID-19 increased?

SMOKING OR VAPING CANNABIS OR TOBACCO

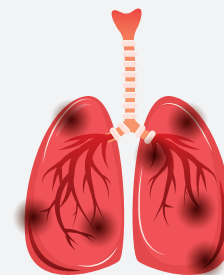
- Damages lungs
- Harms the immune system (body is less able to fight diseases)



COVID-19 Exposure



Infection is **↑ more severe**



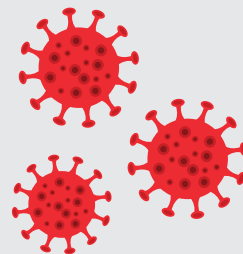
We can help you quit!



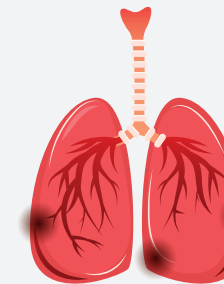
When you quit smoking or vaping, ***your lungs and your immune system get healthier***



COVID-19 Exposure



Infection is **↓ less severe**



For more information visit: tobaccopreventiontoolkit.stanford.edu



or





Smoking/Vaping & Coronavirus (COVID-19)

Give your lungs a fighting chance

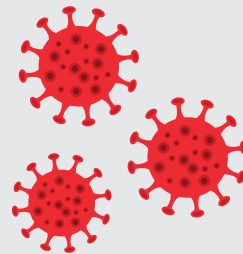
How is your risk of COVID-19 increased?

SMOKING OR VAPING CANNABIS OR TOBACCO

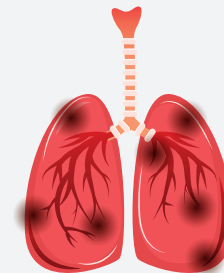
- Damages lungs
- Harms the immune system (body is less able to fight diseases)



COVID-19 Exposure



Infection is **↑ more severe**



We can help you quit!

CALIFORNIA SMOKERS' HELPLINE

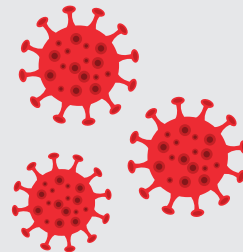
 1-800-NO-BUTTS or 1-844-8-NO-VAPE

 Text QUIT SMOKING or QUIT VAPING to 66819

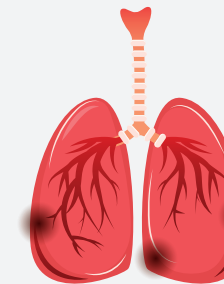
When you quit smoking or vaping, *your lungs and your immune system get healthier*



COVID-19 Exposure



Infection is **↓ less severe**



For more information visit: tobaccopreventiontoolkit.stanford.edu



or





Fumando/Vapeando y el coronavirus (COVID-19)

Dales a tus pulmones una oportunidad para luchar

¿Cómo aumenta tu riesgo de COVID-19?

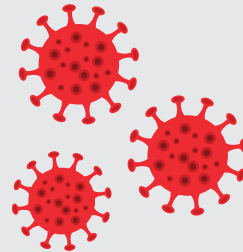
FUMANDO O VAPEANDO

MARIHUANA O TABACO

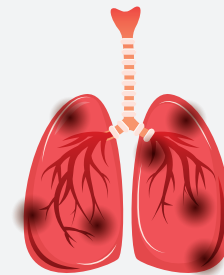
- Daña los pulmones
- Daña el sistema inmune
(el cuerpo tiene menos fuerzas para combatir enfermedades)



Exposición al COVID-19



La infección es **↑ más grave**



¡Podemos ayudarte a dejar de fumar!

LÍNEA DE AYUDA PARA FUMADORES DE CALIFORNIA



1-800-45-NO-FUME o 1-800-456-6386

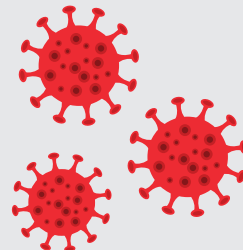


Envía **QUIT SMOKING** o **QUIT VAPING** por mensaje de texto al **66819** (sólo disponible en inglés)

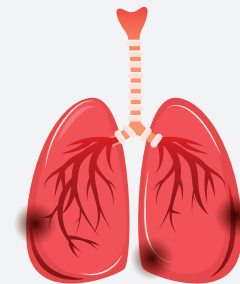
Cuando dejas de fumar o vapear,
tus pulmones y tu sistema inmune se vuelven más saludables



Exposición al COVID-19



La infección es **↓ menos grave**



For more information visit: tobaccopreventiontoolkit.stanford.edu



or





흡연/베이핑 및 코로나바이러스(COVID-19) 당신의 폐가 싸움에 이길 수 있게 해 주세요

COVID-19 위험은 어떻게 증가합니까?

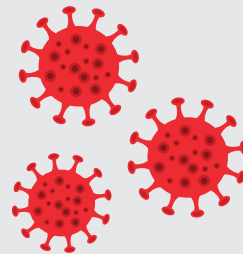
흡연 또는 베이핑

대마초 또는 담배

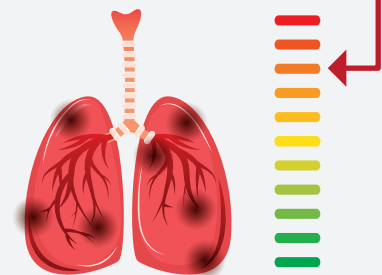
- 폐를 손상시킵니다
- 면역 체계에 해롭습니다
(신체가 질병과 싸우기
힘들어집니다)



코로나 19에 노출



감염이 ↑더 심각합니다



저희가 금연을 도와드립니다!

캘리포니아 흡연자 헬프라인

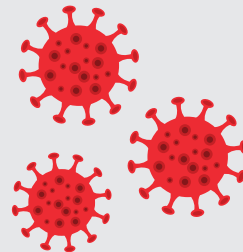
☎ 1-800-556-5564 또는 1-844-8-NO-VAPE

💬 QUIT SMOKING 또는 QUIT VAPING 문자 메시지는 66819

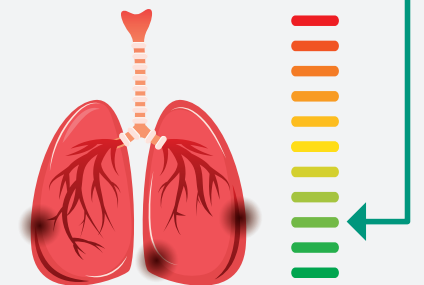
흡연이나 베이핑을
그만두면 폐와 면역
체계가 건강해집니다



코로나 19에 노출



감염이 ↓덜 심각합니다



For more information visit: tobaccopreventiontoolkit.stanford.edu



or





Hút thuốc lá/Vaping và Coronavirus (COVID-19)

Cho lá phổi của mình một cơ hội chiến đấu

Nguy cơ bị nhiễm COVID-19 của quý vị tăng lên như thế nào?

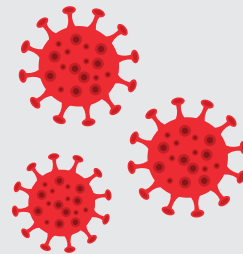
HÚT THUỐC HOẶC VAPING

CẦN SA HOẶC THUỐC LÁ

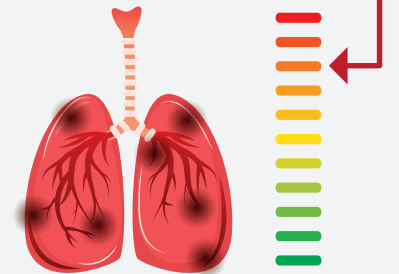
- Tổn thương phổi
- Tổn hại hệ miễn dịch (cơ thể ít có khả năng chống lại bệnh tật)



Phơi nhiễm COVID-19



Mức độ nhiễm **↑ nặng hơn**



Chúng tôi có thể giúp quý vị bỏ thuốc!

ĐƯỜNG DÂY TRỢ GIÚP NHỮNG NGƯỜI HÚT THUỐC Ở CALIFORNIA



1-800-778-8440 hoặc 1-844-8-NO-VAPE

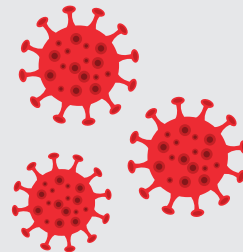


Nhắn QUIT SMOKING hoặc QUIT VAPING gửi đến 66819

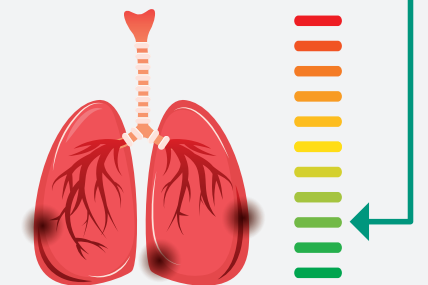
Khi bỏ hút thuốc hoặc vaping, **phổi và hệ miễn dịch của quý vị sẽ khỏe mạnh hơn**



Phơi nhiễm COVID-19



Mức độ nhiễm **↓ nhẹ hơn**



For more information visit: tobaccopreventiontoolkit.stanford.edu



or





吸烟/吸电子烟与冠状病毒 (COVID-19)

戒烟让您的肺部获得反击机会

为何吸烟人士感染 COVID-19的风险更大?

吸烟或吸电子烟

大麻或烟草

- 损伤肺部
- 危害免疫系统
(身体抵御疾病的能力减弱)



接触COVID-19



感染 ↑ 更严重



我们可以帮 您戒烟!

ASQ 《华语戒烟专线》

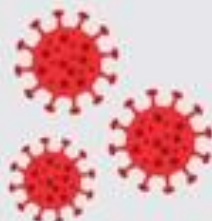
☎ 1-800-838-8917

💬 发送短信 “QUIT SMOKING” 或 “QUIT VAPING” 至 66819 (仅提供英文)

戒烟或戒电子烟后，
您的肺部和免疫系统
变得更健康



接触COVID-19



感染 ↓ 没那么严重



For more information visit: tobaccopreventiontoolkit.stanford.edu



or

