

# Vaping and COVID-19 – What *Are* the Risks?

While we are still learning about the negative effects that vaping has on the human body, there is even less known about the possible implications of vaping and the novel coronavirus (COVID-19).

Having a preexisting condition – especially one related to respiratory health – increases the chances that someone will experience complications from COVID-19.

**There's never been a better time to quit.**

We know very little right now about COVID-19 and even less about its intersection with substance use disorders – but we can make educated guesses based on past experience that people with compromised health due to smoking or vaping and other substance use disorders could find themselves at increased risk of COVID-19 and its more serious complications.

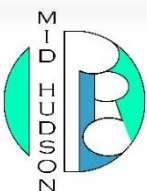
Vaping, like cigarette smoking, can harm lung health. Emerging evidence suggests that exposure to aerosols from e-cigarettes harms the cells of the lung and diminishes the body's ability to respond to infection.

E-cigarettes produce a number of dangerous chemicals including acetaldehyde, acrolein, and formaldehyde; these aldehydes can cause lung disease, as well as cardiovascular disease.

While the long-term effects of vaping are still unknown, studies have shown that vaping can lead to lung damage and other health problems.

## Need help quitting?

- <https://smokefree.gov/>
- <https://alorecovery.com/how-to-quit-vaping-stop-vape-withdrawal/>
- <https://www.psychologytoday.com/us/blog/working-through-shame/201906/6-steps-quit-vaping-or-smoking>



### References

- <https://time.com/5807214/vaping-coronavirus/>
- [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/severe-lung-disease.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html)
- <https://www.drugabuse.gov/about-nida/noras-blog/2020/03/covid-19-potential-implications-individuals-substance-use-disorders>
- <https://www.lung.org/quit-smoking/e-cigarettes-vaping/impact-of-e-cigarettes-on-lung>