

# COVID CONNECTION

## IT'S NOT WHAT YOU THINK

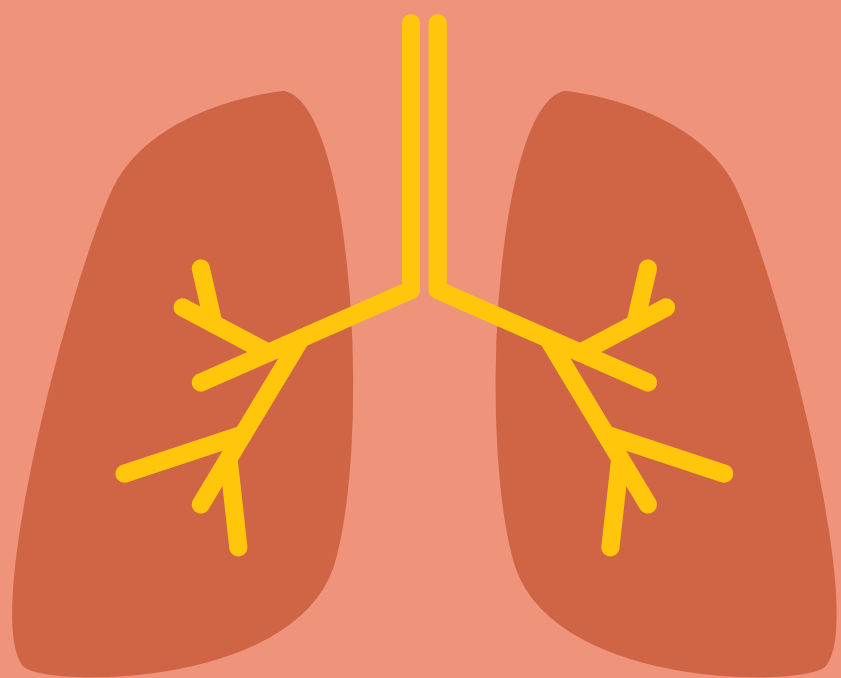
Vaping and tobacco use negatively impact your health in many ways.

### COVID-19

The use of electronic cigarettes and/or cigarettes pose serious underlying risk factors for COVID-19.

A COVID-19 diagnosis is:

- 5 times more likely among young adults who have ever used e-cigarettes.
- 7 times more likely among young adults who have ever used e-cigarettes and cigarettes. (1)



Smoking and vaping damages the lungs and harms the immune system, making it harder to fight infections. Since their hands are in frequent contact with their mouth and the tobacco products, smokers and vapers are at a higher risk of contracting and transmitting the virus. (2)

### MENTAL HEALTH

Over the course of the COVID-19 pandemic, anxiety, depression, and other mental health disorders among young people have increased. (3)

Nicotine and vaping use have been linked to worsening mental health symptoms:

- Compared to adults who have never vaped, frequent users are more than twice as likely to be diagnosed with depression. It is believed that trace metals found in vape liquid contribute to this link. (4)
- E-cigarettes can exacerbate symptoms of depression, like feeling sad and crying spells. (5)
- Nicotine dependence among college students is linked with greater anxiety symptoms. (6)



# SOURCES

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(2) Stanford Medicine. Tobacco Prevention Toolkit. (2020). Going Smoke-free or Vape-free Reducing Your Risks for COVID-19. <https://med.stanford.edu/tobaccopreventiontoolkit/contact/COVID-19.html>

(3) "Protecting Youth Mental Health - The U.S. Surgeon General's Advisory", 2021. <https://www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf>

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