



# COVID-19

## Information for Smokers

COVID-19 has rapidly spread throughout the world. With some uncertainty about the details of the disease and its spread, one thing is certain: underlying respiratory issues can be a serious risk factor for negative outcomes from COVID-19. The National Institutes of Health (NIH) and National Institute on Drug Abuse (NIDA) report that,

**“Because COVID-19 attacks the lungs, it could be an especially serious threat to those who smoke tobacco or marijuana or who vape those products.”**



The good news is there are ways to help take care of yourself.

### SMOKING CESSATION RESOURCES

- **Cornerstone Family Healthcare:** 845-563-8000
- [nyuhs.org/wellness/tobacco-cessation](https://nyuhs.org/wellness/tobacco-cessation)
- **NYS Smoker's Quitline:** 866-NY-QUITS (866-697-8487) or [nysmokefree.com](https://nysmokefree.com)
- **Vapers:** text “Drothevape” to 88709 for text support program
- **Smokefree.gov**
- **CDC's Smoking Quitline:** 800-784-8669 or [cdc.gov/quit](https://cdc.gov/quit)
- **Binghamton University:** 607-777-2254

### PROTECT YOURSELF FROM COVID-19



Wash your hands often with soap and water.



Avoid touching our eyes, nose, and mouth.



Avoid contact with sick people and stay home if you're sick.



Cover a cough or sneeze with a tissue or sleeve.

NEW YORK STATE

**COVID-19 EMOTIONAL SUPPORT HELPLINE:**

**1-844-863-9314**

8 AM - 10 PM, 7 days a week