

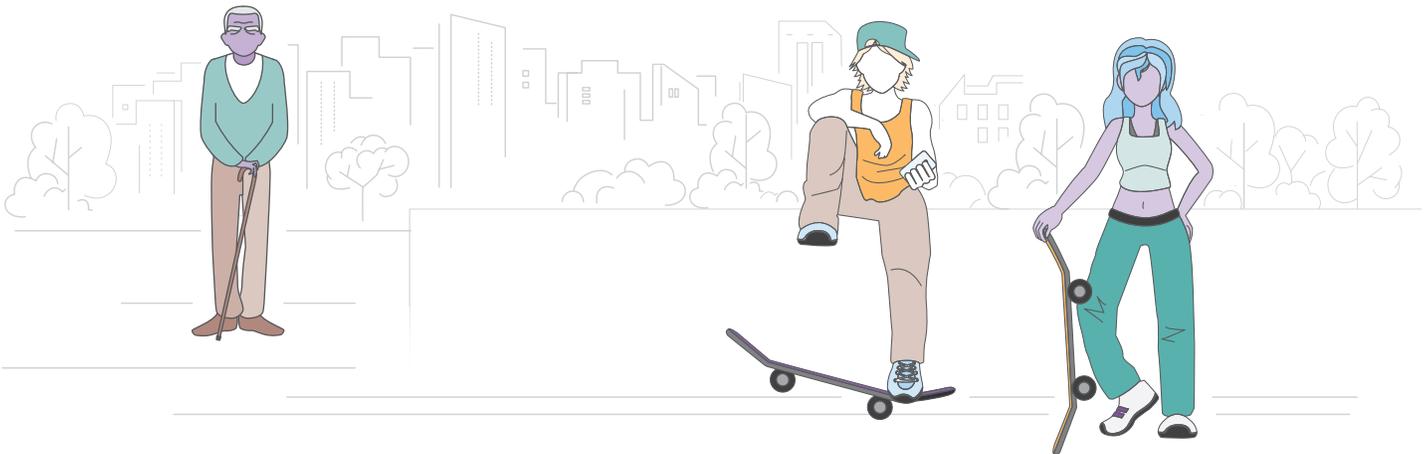
# Vaping and COVID-19

Information for people who use e-cigarettes

As of March 2020, there is no evidence that vaping directly increases the risk of getting COVID-19. However, it is important to consider how you can best manage your health and prevent spreading the virus to others. If you currently use e-cigarettes, think about your reasons for vaping and whether quitting might benefit you. This resource gives information on the risks associated with e-cigarettes, and tips for quitting or reducing vaping during the pandemic.

## How might vaping affect the risk of getting COVID-19?

- Ingredients in e-cigarettes and cannabis vape products can damage your lungs and may make it harder for your immune system to fight infections.
- COVID-19 starts by infecting the lungs, so researchers believe that vaping may increase the risk of more serious symptoms if you get the virus. More research is needed to confirm this.
- Many e-cigarette users previously smoked and may already have respiratory conditions, including chronic obstructive pulmonary disease (COPD). These people have a higher risk than others of having more severe COVID-19 symptoms if they are infected.



## How can I manage my vaping during the pandemic?

You may feel a strong urge to vape right now, to help you cope with feelings of stress, loneliness and boredom. Here are some tips for quitting or managing vaping:

- If you currently vape to help you quit smoking cigarettes, don't stop if you think you will start smoking again. The health risks of cigarettes are greater than those of vaping.
- If you both smoke and vape, or are vaping to quit smoking, try to quit cigarettes. Never vape and smoke at the same time because this will increase your exposure to harmful chemicals.

This information sheet is not intended to be a resource for people who require screening for COVID-19 or who are experiencing a mental health crisis. If you are experiencing a mental health crisis, please call 911 immediately or go to your nearest emergency department.

For more information, visit [www.camh.ca/covid19](http://www.camh.ca/covid19)

camh

- For more information and support on quitting smoking during the pandemic, see our information sheet Tobacco Use and COVID-19, at [www.camh.ca/covid19-resources](http://www.camh.ca/covid19-resources).
- If you are vaping, stay at least two metres away from other people and do not share e-cigarettes or other devices.
- If you vape recreationally, try to quit. Even though the links between COVID-19 and vaping are unknown as of March 2020, quitting e-cigarettes can benefit your overall health.
- There is no evidence that e-cigarette ingredients can protect against COVID-19 – so if you don't currently vape, don't start.

## Tips for managing cravings

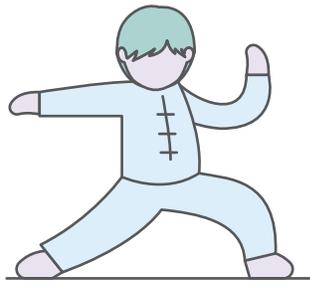
Here are some tips and resources for managing cravings during the pandemic:

Seek support from family, friends and professionals through phone or video chat. You can find some helpful information here:

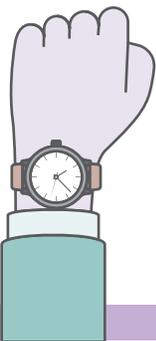
- <https://bc.lung.ca/how-we-can-help/vaping>
- [www.canada.ca/en/services/health/campaigns/vaping.html](http://www.canada.ca/en/services/health/campaigns/vaping.html)



Keep busy with healthy and enjoyable activities, while staying at a safe distance from others.



Plan how you will manage nicotine cravings or withdrawal, such as by drinking water.



A craving may pass, so delay using an e-cigarette for as long as possible.



Call your pharmacist to explore whether medications (such as nicotine replacement products) might be an option for you.

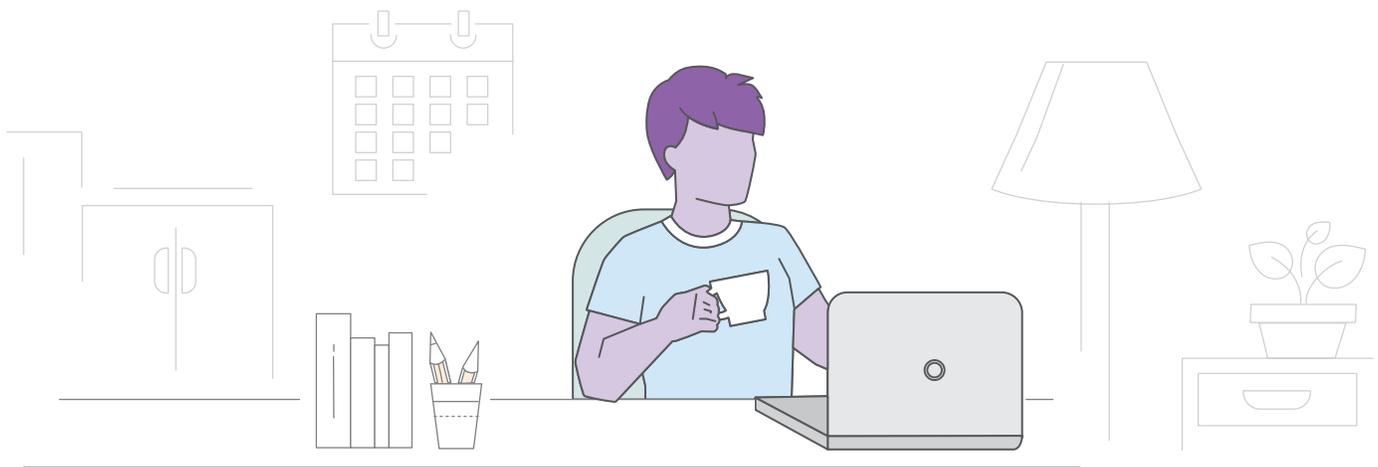


## Resources for support on smoking and vaping

- Mental Health and the COVID-19 Pandemic: [www.camh.ca/covid19](http://www.camh.ca/covid19)
- FAQs on Smoking, Vaping and COVID-19: [www.otru.org/wp-content/uploads/2020/03/otru\\_covidfaqs\\_mar2020.pdf](http://www.otru.org/wp-content/uploads/2020/03/otru_covidfaqs_mar2020.pdf)
- Smoker's Helpline: A free service offering support and information about quitting smoking. Visit [www.smokershelpline.ca](http://www.smokershelpline.ca) for online support, text iQUIT to 123456, or call Telehealth Canada at 1 866 797-0000.
- ConnexOntario: Free and confidential services for people experiencing issues with addictions and mental health. Call 1 866 531-2600 or visit [www.connexontario.ca](http://www.connexontario.ca)
- CAMH Nicotine Dependence Service: Information and resources on quitting smoking. Visit [www.nicotinedependenceclinic.com](http://www.nicotinedependenceclinic.com)

Below are a few resources you may find helpful:

- **Tobacco use and mood management**
- **Tobacco use and physical activity**
- **Tobacco use nutrition and weight**
- **My Change Plan app**: Download for free from the Apple App Store (iPhone users only)



This information sheet is not intended to be a resource for people who require screening for COVID-19 or who are experiencing a mental health crisis. If you are experiencing a mental health crisis, please call 911 immediately or go to your nearest emergency department.

For more information, visit [www.camh.ca/covid19](http://www.camh.ca/covid19)