



Help protect your and your family's health

What you need to know about smoking and COVID-19

We care about you and your family. And as the ongoing COVID-19 national public health emergency changes, it's more important than ever to keep you and your loved ones safe and healthy. In addition to washing your hands often and practicing social distancing, you may want to think about quitting smoking or vaping.

COVID-19, smoking and vaping

Smoking and vaping, whether it's tobacco or marijuana, inflames the lungs and lowers the body's ability to fight off infections. Similarly, COVID-19 may cause lung infections in some people. Cases range from mild to severe and can sometimes result in serious illness or death. For those who smoke or vape, this may put them at an even higher risk.

Protect your health

While there is still more to learn about how smoking affects COVID-19, we do know that smoking and vaping inflame and cause damage to the lungs. It's important to keep your lungs healthy. Here are a few ways you can help:

- Quit smoking or vaping
- Keep a smoke-free home
- Stay away from secondhand smoke

You have support

We know quitting smoking isn't easy. Please know that if you're ready to quit, you don't have to do it alone. Talk to your doctor. He or she can help you find a plan that's right for you. Or, use the resource below to get the support you need to get started.

- **California Smokers' Helpline.** Helpline counselors are available six days per week for consultations and follow-up counseling. There are several virtual options available including text, web chat, mobile phone apps and Alexa Skills. Call **1-800-NO-BUTTS**. Or visit **NoButts.org/COVID**

Questions? We're here to help

Call toll-free
1-866-270-5785, TTY 711,
Monday–Friday,
7 a.m.–7 p.m. local time.

Or visit [myuhc.com/
CommunityPlan](https://myuhc.com/CommunityPlan)



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We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free member phone number listed on your health plan member ID card, TTY 711, 7 a.m. – 7 p.m., Monday – Friday.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-270-5785, TTY 711.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-866-270-5785, TTY 711。