

COVID-19 and Vaping

By the Numbers

"We're worried that [vaping] may **predispose young people**, in particular, to having complications from **COVID-19**."
– US Surgeon General Jerome Adams

Young people ages 20–44 make up **20%** of hospitalized COVID-19 patients.

67% of young vapers ages 15–24 are **more interested in quitting because of COVID-19**.

Coaching by **text message quadruples** success rates.

Quitting Resources

The Truth Initiative

- Anonymous, free mobile program for youth
- [This is Quitting](#)
- Text messaging advice for teens & young adults

Text: DitchJuul to 88709

BecomeAnEx

- Online community connects users with former smokers & vapers
- Interactive tools

California Smoker's Helpline

- Telephone counseling
- Free written materials

App: "No Vape - CRUSH CRAVINGS"

NEW: 1-844-8NO-VAPE

Text: QuitVaping to 66819



For more information on vaping and quitting tobacco, visit the [County of San Luis Obispo Tobacco Control Program](#) website, or email tobaccofree@co.slo.ca.us

