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Nuestras Voces (Our Voices) Network

nuestrasvozes.org

Bilingual Infographic: SMOKING, VAPING, & COVID-19 / FUMAR, VAPEAR Y COVID-19

SMOKING, VAPING, AND COVID-19

USING TOBACCO PRODUCTS CAN INCREASE THE SEVERITY OF ILLNESS AMONG COVID-19 PATIENTS

SMOKING CAN CAUSE:

Lung Disease Heart Disease Cancer Diabetes

People with these conditions are among those at higher risk for severe illness with COVID-19

VAPING (E-cigs, E-Hookah, E-Juice, Juuling, Vape Pens, Mods, Tank Systems, and Electronic Nicotine Delivery Systems-ENDS)

E-cigarette aerosol can contain chemicals that harm the lungs.

Vaping also exposes lungs to metallic vapors created by heating the coils in the device.

Vaping has been associated with shortness of breath, acute lung injury, COPD, and asthma.

Covid-19 IS AN INFECTIOUS DISEASE THAT ATTACKS THE LUNGS

COVID-19 transmission risk increases when people engage in behaviors that increase the likelihood of transferring respiratory droplets and/or touching their faces or mouths.

IT'S ALWAYS A GOOD TIME TO QUIT, BUT THERE HAS NEVER BEEN A BETTER TIME TO DO IT.

TO HELP YOU QUIT: Call for free support

- 1-800-QUIT-NOW (1-800-784-8669)
- 1-855-DEJEO-YA (ESPAÑOL)
- 1-800-838-8917 (简体中文/广东话/国语/国语)
- 1-800-556-5564 (한국어)
- 1-800-778-8440 (Tiếng Việt)

Access free online resources:

- CDC: cdc.gov/tips
- NCI: smokefree.gov

Sources: CDC, NIDA
Appeal for Health.org

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FUMAR, VAPEAR Y COVID-19

EL USO DE PRODUCTOS DE TABACO PUEDEN AGRAVAR LA ENFERMEDAD EN LOS PACIENTES CON COVID-19

FUMAR PUEDE CAUSAR:

Afecciones pulmonares Afecciones cardiovasculares Cáncer Diabetes

Las personas con estas afecciones tienen mayor riesgo de sufrir severas complicaciones por COVID-19

VAPEAR (cigaretillos electrónicos/e-cigs, e-hookahs, vaporizadores personales, plumas de vapor, cápsulas mod, sistemas de tanque , y sistemas electrónicos de suministro de nicotina)

El aerosol en los cigarrillos electrónicos pueden contener químicos dañinos para los pulmones.

Vapear también expone los pulmones a los vapores metálicos creados al calentar las bobinas del dispositivo.

Vapear se ha asociado con dificultad para respirar, lesión pulmonar aguda, EPOC y asma.

EL COVID-19 ES UNA ENFERMEDAD INFECCIOSA QUE ATACA LOS PULMONES

El riesgo de transmisión del COVID-19 aumenta cuando las personas tienen comportamientos que aumentan la probabilidad de transferir gotitas respiratorias o de tocarse la cara o la boca.

SIEMPRE ES UN BUEN MOMENTO PARA DEJAR DE FUMAR, PERO NUNCA HA HABIDO UN MEJOR MOMENTO PARA HACERLO.

PARA DEJAR DE FUMAR: Llame para obtener ayuda gratis

1-855-DÉJEO-YA (1-855-335-3569)
1-800-QUIT-NOW (INGLÉS)

Obtenga información gratuita en línea en:

- CDC: cdc.gov/consejos
- NCI: espanol.smokefree.gov

Sources: CDC, NIDA
Appeal for Health.org

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Tools & Resources in Spanish: WHO & PAHO



TABACO Y RESPUESTA A LOS TRATAMIENTOS CONTRA EL CÁNCER.

(Organización Mundial de la Salud/World Health Organization).

Este documento resume la evidencia actual sobre el consumo de tabaco por parte de los pacientes con cáncer y los resultados del tratamiento del cáncer. También sirve como herramienta para los profesionales de la salud, en particular a los que atienden a pacientes

Smoking, Vaping & COVID-19

The *Nuestras Voces* (Our Voices) Network and the Asian American, Native Hawaiian, and Pacific Islander Network to Reach Equity in Tobacco Control and Cancer (ASPIRE) released this infographic to highlight the importance of smoking and vaping cessation in times of COVID. The infographic features the Tips from Former Smokers Campaign, the Spanish and Asian Quitlines, and the National Cancer Institute's smokefree.gov as resources to help people quit commercial tobacco use.

The Spanish version of the infographic features the DÉJEO YA quitline, the Spanish version of the Tips from Former Smokers Campaign (Consejos), and the National Cancer Institute's espanol.smokefree.gov to support cessation and guide people to tools and information in Spanish. To download a copy of the infographics click [**HERE**](#).

CDC Launches 2021 Tips from Former Smokers® Campaign



With the launch of the **2021 Tips From Former Smokers® Campaign**, CDC is celebrating its 10th year since the Office on Smoking and Health (OSH) created this national education campaign to help combat the epidemic of tobacco use in the United States, prevent early deaths, and save billions in smoking-related healthcare costs. The Tips campaign features real people sharing the impact that smoking has had on their life and the lives of their families, through hard-hitting visuals. By sharing their stories, these brave individuals living with the health consequences of smoking have put a face on the overwhelming statistics of tobacco death and disability.

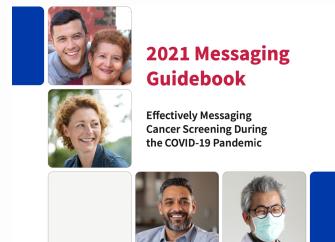
- For Tips campaign materials in English visit: [cdc.gov/tips](https://www.cdc.gov/tips)

con cáncer, en la lucha por el control del tabaco.

FLORENCIA: EL RECURSO DIGITAL QUE AYUDA A DEJAR DE FUMAR TABACO.

(Organización Panamericana de la Salud/Pan American Health Organization). Le presentamos a Florencia*, nuestra trabajadora electrónica de la salud que le ayudará a dejar de fumar tabaco. Tras una breve conversación por video o mensajes de texto, Florencia le puede ayudar a ganar confianza y fijar un plan para dejar de fumar.

Cancer Screening During the COVID-19 Pandemic



The American Cancer Society's **2021 Messaging Guidebook: Effectively Messaging Cancer Screening During the COVID-19 Pandemic** includes information on both old and new barriers to cancer screening, delivers updated findings on how the pandemic has

- For Tips campaign materials in Spanish visit: [cdc.gov/consejos](https://www.cdc.gov/consejos)

Spotlight Event: WORLD NO TOBACCO DAY 2021



A Year Long Campaign to Support Quitting.

The World Health Organization (WHO) launched a **year long global campaign** for World No Tobacco Day 2021 to help people quit tobacco. The COVID-19 pandemic has led to millions of tobacco users saying they want to quit. The campaign **Commit to Quit** will support at least 100 million people as they try to give up tobacco through communities of quitters. The campaign will help create healthier environments that are conducive to quitting tobacco by advocating for strong tobacco cessation policies; increasing access to cessation services; raising awareness of tobacco industry tactics, and empowering tobacco users to make successful quit attempts through “quit & win” initiatives. For more information about World No Tobacco Day 2021 click [HERE](#).

impacted cancer care, and shares tested messages that will resonate throughout the pandemic. This guide can be used to support the return to cancer screening and treatment during and beyond the pandemic, or as a supplement to existing outreach efforts. To download a copy of the guide click [HERE](#).



La nueva campaña de **Smokefree Oregon: Vive sin fumar**, ofrece ayuda gratuita y apoyo 100% en español para ayudarle a las personas a dejar de fumar. Vive sin fumar incluye recursos y herramientas para crear un plan y encontrar opciones para superar este reto y vivir sin fumar. Para accesar los materiales de la campaña haga clic [AQUÍ](#).

Nuestras Voces Membership



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