If I vape, am I at a higher risk of developing complications from COVID-19?

As the outbreak is new, not enough evidence has been gathered to conclusively link the two. The National Institute on Drug Abuse reports that there is reason to believe that vaping may put an individual at higher risk of developing a more serious illness from COVID-19. (1)

What are the potential risks?

COVID-19 specifically attacks the lungs and can result in respiratory complications for those affected. While information about this disease is still emerging, it is believed that those with underlying health conditions including lung disease and COPD are at higher risk of developing more serious illness than others. (1,4)

Vaping has been linked to diminished lung health and lung-related underlying health conditions.

The chemicals in THC and nicotine vapes have been linked to shortness of breath, acute lung injury, lung disease, and COPD. (1,2,3)

Newer research suggests that vaping harms and inflames lung tissue, making it more difficult for the body to respond to infection. (1)

Get information.
The National Institute on Drug Abuse has ongoing information on the impact of substance use and COVID-19 developments.

www.drugabuse.gov/

The World Health Organization and the Centers for Disease Control and Prevention are providing updates on emergent outbreak information.

www.who.int & www.cdc.gov

Get support.

OPEN offers free and confidential check-ins for students looking to discuss their use. Email open@northeastern.edu or visit northeastern.edu/open to learn more.

UHCS offers the Ready to Quit Program where students can receive individualized smoking cessation support. Visit northeastern.edu/uhcs to learn more.

References: (1) NIDA, 2020; (2) Bein & Leikauf, 2011; (3) Elfman, 2019, (4) WHO, 2020