





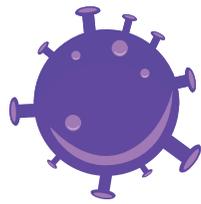
## What is COVID-19?

In COVID-19, 'CO' stands for corona, 'VI' for virus, and 'D' for disease.

COVID-19 is caused by a novel coronavirus. This means the virus is in the coronavirus family, but it had not been previously identified in humans until 2019 in Wuhan, China.

There are many types of coronaviruses, including some that cause mild respiratory illnesses. COVID-19 is from a newly identified type of coronavirus that can cause severe respiratory illness.

The virus that causes COVID-19 is thought to spread mainly by respiratory droplets produced when a person talks, sneezes, or coughs. These droplets can be inhaled into the lungs of other people, which causes COVID-19 to spread.



## Symptomatic vs. Asymptomatic

### Symptomatic (symptoms):

Symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle or body aches, vomiting or diarrhea, and new loss of taste or smell

### Asymptomatic and Pre-Symptomatic:

People who are infected with COVID-19 and are not displaying symptoms

Studies have found that up to 80% of people infected with COVID-19 did not show symptoms at the time they were tested

Even if you are not displaying symptoms of COVID-19, you may be infected and can spread the virus



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## Smoking and Vaping



An important step to immediately improve your health and possibly avoid the serious symptoms of COVID-19 is to consider quitting smoking and/or vaping. Inhaling substances like tobacco smoke and vape emissions damages the lungs. This makes it harder for the lungs to combat an invading virus like COVID-19. **Studies show that people who smoke are more than twice as likely to die from COVID-19.**

**This might be the best time to quit smoking. To make a plan to quit smoking or vaping, call 1-800 QUIT-NOW**