

# Teens, Vaping and COVID-19

**“COVID-19 attacks the lungs, and behaviors that weaken the lungs put individuals at greater risk. The harmful impact of smoking on the lungs is well documented, and there is a growing body of evidence that e-cigarette use can also harm lung health.”**

*- Campaign For Tobacco Free Kids*

**In  
Minnesota,  
1 in 4 11th  
Graders Are  
Using  
E-cigarettes.**

**Among  
Eighth Grade  
Students,  
E-cigarette Use Nearly  
Doubled  
From  
2016 to 2019.**

**Youth who  
Use E-cigarettes  
Are More  
Likely to Use  
Cigarettes in the  
Future.**

If you are interested in getting FREE help for your child looking to quit, check out these programs below:

## **My Life, My Quit™**

Text “Start My Quit” to  
1-855-891-9989

or visit

[MyLifeMyQuit.com](http://MyLifeMyQuit.com)

## **This Is Quitting**

Text “DITCHJUUL” to  
88709

or visit

[TruthInitiative.org](http://TruthInitiative.org)

## **Essentia Health**

Call (218) 576-0100 or  
lookup tobacco cessation  
services at

[EssentiaHealth.org](http://EssentiaHealth.org)

## References:

**2019 Minnesota Student Survey.**

<https://www.health.state.mn.us/news/pressrel/2019/survey100219.html>

**Campaign For Tobacco Free Kids.**

[https://www.tobaccofreekids.org/press-releases/2020\\_03\\_20\\_covid-19](https://www.tobaccofreekids.org/press-releases/2020_03_20_covid-19)

## Tips for Talking To Your Teen

- Ask your child for their perspective
- Explain the health risks
- Talk about what changes can be made in your teen's life to help them quit if they have already started
- Set a good example by not using tobacco products yourself

### If you would like more information, check out:

“Don't Blow It” Campaign

[www.essentiahealth.org/services/tobacco-cessation/dont-blow-it-anti-vaping-campaign/](http://www.essentiahealth.org/services/tobacco-cessation/dont-blow-it-anti-vaping-campaign/)

American Lung Association

[lung.org](http://lung.org)

My Life, My Quit™

[mylifemyquit.com/resources-parents.html](http://mylifemyquit.com/resources-parents.html)

Talk To Your Teen About E-cigarettes

[e-cigarettes.surgeongeneral.gov/resources.html](http://e-cigarettes.surgeongeneral.gov/resources.html)

**Your health and the health of our entire community  
has never been more important.**

**Although we are practicing social distancing,  
we are committed to supporting our community  
during these challenging times.**

