Everyday actions can impact lung health!

How Smoking Affects Your Lungs

- Each puff of cigarette smoke contains a mix of over 7,000 chemicals, which can cause harm to your lungs.
- Smoking causes 8 out of 10 cases of COPD, a chronic inflammatory lung disease that causes obstructed airflow from the lungs.
- Nearly all lung cancer is caused by smoking, and smokers are 20 times more likely to develop cancer than nonsmokers.

Vaping is not safe! E-cigarette use is dangerous and connected to popcorn lung, pneumonia, collapsed lung and more. (Johns Hopkins Medicine)

The Georgia Tobacco Quit Line is a free, confidential service available 24/7 to assist with quitting smoking, vaping and using smokeless tobacco.

Call 1-877-270-STOP or visit dph.georgia.gov/GTQL.

Tips to Keep Your Lungs Healthy

- Don't smoke cigarettes or vape.
- Test your home for Radon, a naturally occurring gas that can have a big impact on indoor air quality and your health.
- Stay indoors during days when air quality is poor.
- Prevent respiratory infections by washing your hands, avoiding crowds during cold and flu season and getting your annual flu shot.
- Exercise for at least 30 minutes at a moderate intensity five days a week.

“Inspired to Make Healthy Choices” Created by GUIDE, Inc.