

Commercial tobacco and respiratory health don't mix.

American Indians are twice as likely to be hospitalized or die from the flu¹ or COVID-19². On top of that, vaping and smoking cigarettes only increases the risk of getting really sick.



Photo posed by models. For illustrative purposes only.

If you want to quit or are thinking about it, you can call 888-7AI-QUIT (888-724-7848) or text READY to 34191 to connect with American Indian QuitlineNC.

Commercial tobacco use (not ceremonial tobacco used by some tribes) puts people at higher risk for chronic diseases including asthma, heart disease, lung disease and cancer.

The more chronic conditions you have, the higher your risk of getting really sick from a respiratory illness.

Most people can get vaccinated for little or no-cost at pharmacies, doctor's offices, community clinics and local health departments.

Go to MySpot.nc.gov to learn more about how to protect yourself and your family.

Getting vaccinated and staying away from commercial tobacco are two important steps you can take to improve your body's ability to fight respiratory viruses.

The updated vaccines have gone through extensive safety testing. The risk of needing medical care or dying is much higher from getting the disease than from the vaccines.



Your health care provider is the best source for vaccine questions. Contact them directly.

¹ L1 CDC. (2024). Covid Data Tracker. <https://covid.cdc.gov/covid-data-tracker/#vaccine-effectiveness>

² CDC. (2024). Benefits of the Flu Vaccine. <https://www.cdc.gov/flu-vaccines-work/benefits/index.html>