

Asthma & Smoking or Vaping

Things to know if you smoke or vape and have asthma

Smoking cigarettes or using e-cigarettes hurts your lungs. Lung damage can make your asthma worse and cause flare-ups.



Smoking or vaping can make your asthma medicines not work as well as they should.



Quitting smoking or vaping is one of the most important things you can do if you have asthma. This will help your lungs work better and lower the risk of asthma flare-ups.



Quitting can be tough. Talk to your doctor if you need help coming up with a plan that works for your needs.



For more tools and support to help you quit, call Maine QuitLink at 1-800-QUIT-NOW or visit mainequitlink.com.

Find out more at
maine.gov/dhhs/asthma

