# COVID-19 and CANNABIS SMOKING

## 4 things you should know

Smoking cannabis can negatively affect lung health, which may worsen the symptoms of COVID-19.

**What you should know:**

1. Cannabis smoke contains chemicals that are known to negatively affect lung health.

2. Smoking cannabis regularly can cause coughing, wheezing and tightness in your chest. Long-term cannabis smoking can also cause chronic bronchitis.

3. Smoking cannabis can supress the immune system, which can make you more prone to infection.

4. Vaping cannabis products that are purchased from the illegal market has been linked to severe lung illnesses and should be avoided.

Smoking cannabis does not prevent, treat or alleviate symptoms of COVID-19. It may even worsen symptoms that can put your health at risk.

**Canadian Centre on Substance Use and Addiction**

For more information, visit our COVID-19 resources page at **www.ccsa.ca**