Vaping warning: Using e-cigarettes could make you more vulnerable to coronavirus

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Coronavirus death toll now sits at 137 in the UK. This news comes after NHS England have confirmed 29 more people in England have died in the past 24 hours. With this virus being a stark reality for almost everyone, taking the correct precautions to reduce your risk is an absolute must. Many are aware that most deaths caused by coronavirus are due to an underlying health conditions, what many are unaware of is that continuing with a certain daily habit puts a person in the same risk.

High blood pressure: High blood pressure and coronavirus

The latest deaths from coronavirus were people aged between 47 and 96 years old who had underlying health conditions.

So far Scotland has reported six deaths, Wales reported two and as of yesterday, Northern Ireland recorded its first death from coronavirus.

The government released a full list of what experts deem to be the riskiest health complications with coronavirus.

Chief medical adviser Professor Chris Whitty said the group of people who should take "particular care to minimise their social contact" were people over the age of 70, other adults who would normally be advised to have the flu vaccine and pregnant women.

Leading health experts strongly warn the younger generation not to be complacent during these troubling times and for anyone thinking they are not at any risk is delusional.

Now scientists are declaring a new group of those most at risk and these include smokers, with vapers in just as much risk.
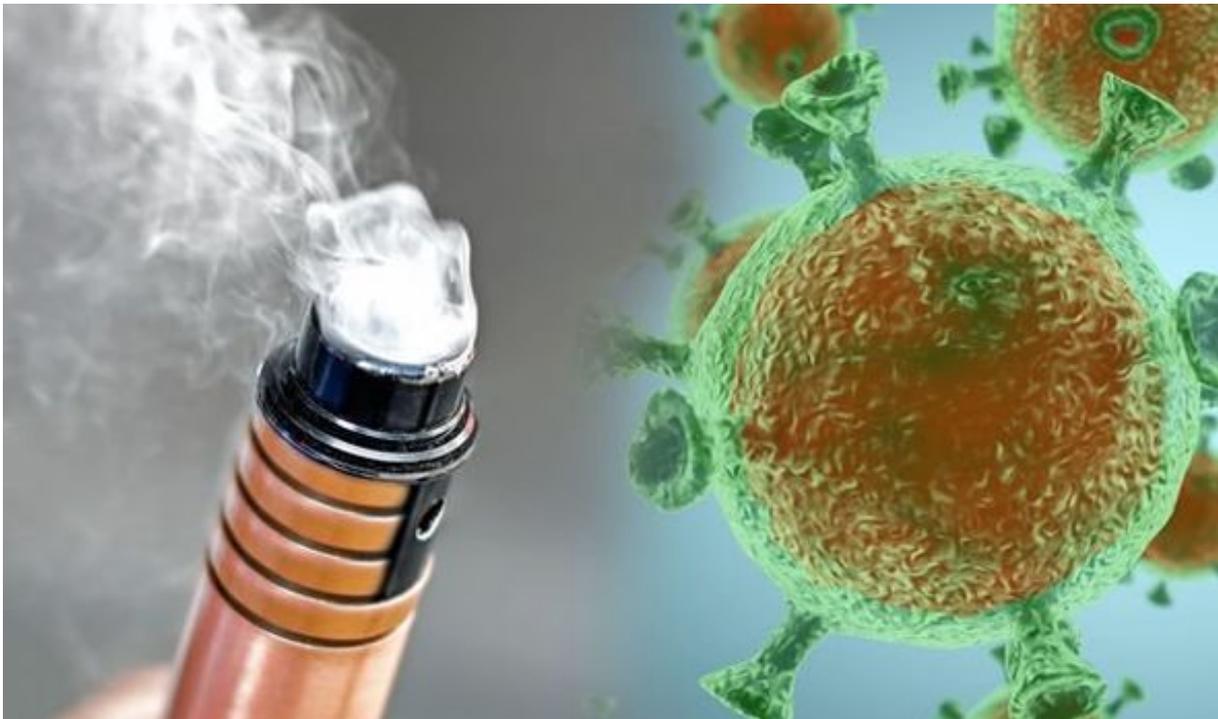
Vaping warning: Scientists issue warning to vapers and not to be complacent (Image: Getty Images)

People who vape as opposed to smoking cigarettes often believe they are being much healthier.

However, it's this misconception which in fact is putting them in just as much risk as smokers are in.

Scientists have warned that vaping could make a person more vulnerable to a severe infection with coronavirus.

According to previous studies, vaping has shown to suppress the immune function in the lungs and trigger inflammation.

As coronavirus is a disease of the lungs, the warning comes a stark reminder to vapers and smokers to quit as soon as possible.

Dr Melodi Pirzada, a pulmonologist at NYU Winthrop Hospital spoke to Scientific American and said: "All of these things make me believe that we are going to have more severe cases especially in people who are long-term smokers or vapers.

"It's common sense to think that once you have a history of smoking or vaping, the whole airways, the defence mechanism of your lungs – everything changes.

Vaping warning: Vaping puts a higher risk of catching the virus (Image: Getty Images)

What happens in the lungs when a person smokes?

The lungs are lined with hairlike-structures called cilia that are responsible for taking the toxins and mucus out of the airways and clearing the lungs when a person coughs.
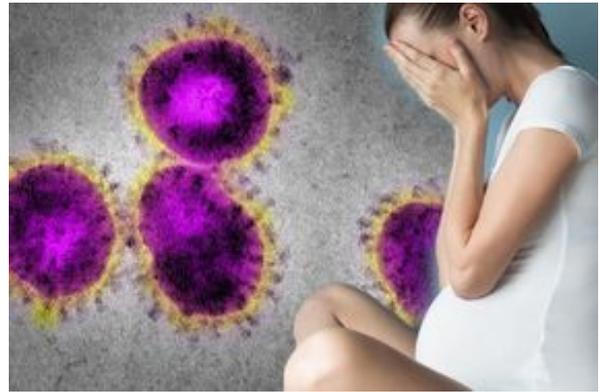
"For regular smoking, we know it inhibits the ciliary clearance of the airways," said Dr Pirzada.

"If a smoker is infected with coronavirus, there tends to be an influx of white blood cells, followed by lymphocytes which help to clear the lungs of infection."

Vaping warning: Cigarettes and vaping are equally dangerous (Image: Getty Images)

What the experts say

Dr Ray Pickles, a microbiologist at the University of North Carolina explained: "There's a very coordinated series of events that take place when you do become infected with a virus.

"These are probably the events that take place in the vast majority of us as individuals, whether we're infected by influenza or whether we're infected by SARS-CoV-2.

"I think once you start perturbing this sequence of events in any which way or direction, that's when things can go awry."