

# E-cigarettes increase your risk of flu and make virus MORE deadly, experts warn

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SMOKING e-cigarettes can increase your risk of flu - and make the virus MORE deadly, experts have warned.

New findings from the American Thoracic Society, presented in Dallas, Texas, today revealed that inhaling vapour can weaken the immune system.



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Experts have warned that smoking e-cigarettes could put you at higher risk of catching the fluCredit: Getty - Contributor

They claim that the vapour from e-cigarettes can change the cells in the respiratory tract, reducing their ability to fight off viruses - in particular, the flu.

Researchers separated participants into three categories - non-smokers, cigarette smokers and e-cigarette users.

From each person, they collected fluid from the thin layer covering the respiratory tract and nasal passage, as well as nasal biopsies and blood.

Participants were then injected with live influenza virus before the same samples were taken again at the end of the experiment.

Shocking 'It's Vaping' health campaign film outlines the dangers in e-cigarettes epidemic

Flu symptoms come on very quickly and can include:

- a sudden fever – a temperature of 38C or above
- an aching body
- feeling tired or exhausted
- a dry cough
- a sore throat
- a headache
- difficulty sleeping
- loss of appetite
- diarrhoea or tummy pain
- nausea and being sick

The symptoms are similar for children, but they can also get pain in their ear and appear less active.

The flu vaccine reduces the risk of catching flu, as well as spreading it to others.

It's more effective to get the vaccine before the start of the flu season (December to March).

Source: [NHS UK](#)

The results showed that responses were different in the e-cigarette and cigarette smokers, compared to the non-smokers.

They found that specific proteins essential for fighting off viruses had noticeably diminished in the e-cigarette users - and not in the tobacco smokers.

Their findings also revealed that the vaping group had lower levels of certain influenza-specific antibodies - that protect against the virus.

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Two people feared to have died from vape-related injury in UK last year

Here are the countries where vaping is illegal or restricted including Thailand

E-cigarettes are NOT safe & vaping harms health, World Health Organization rules

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Smokers who vape INCREASE their chances of suffering a stroke, experts find

Vype banned from promoting e-cigs on Instagram after using Lily Allen in ads

Vaping age limit to be raised to 21 after e-cig lung illness kills more than 50

E-cigarette user left with lung scarring typically seen in metal workers

Dad-of-four, 49, blames vaping for heart attack after he quit smoking

They concluded that the data suggested that e-cigarette use, and smoking tobacco, changes the respiratory immune system.

The researchers said that the significant reduction in specific antibodies, specifically in e-cigarette users, meant that it could also impair the immune system from adapting to certain viruses.

It comes after a new study, published earlier this year, found that catching flu-like illnesses can significantly increase the risk of suffering a stroke by nearly 40 per cent over the following 15 days.

Here's what you need to know about the deadly 'Aussie Flu' sweeping across the UK

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