

HEALTH WARNING - AVOID VAPING Vaping Linked to Serious Lung Disease

The Centers for Disease Control and Prevention (CDC) and the American Medical Association (AMA) urge people to avoid vaping or using e-cigarettes until health officials understand the cause of a serious lung illness associated with vaping.

As of September 12th, 2019, six deaths -- including one in Oregon -- and more than 450 possible cases of lung illness have been associated with the use of vape devices and e-cigarettes across the country. The illnesses have not been linked to any specific vape product or substance in e-cigarettes.

This warning applies to **all vaping products** including nicotine, non-nicotine, marijuana products, essential oils, and all others. Cigarettes and Marijuana are not safer alternatives.

Please follow and share the following recommendations:

- » Avoid vaping or using any type of e-cigarette.
- » If you vape and are experiencing symptoms such as coughing, trouble breathing, chest pain, nausea, vomiting, abdominal pain, or fever, seek medical attention right away.
- » Do not modify your vape device, nor add or alter the substances provided by the manufacturer.
- » Adults who do not currently use tobacco should also not vape or use e-cigarettes.
- » Young people and pregnant women should never vape or use e-cigarettes.
- » If you vape, never buy products off the street or from unofficial online vendors.
- » Parents, guardians, educators, and concerned adults should talk to kids about the dangers of vaping - here are some tips <https://bit.ly/2kbZoLW>.

If you want to break your nicotine habit or need help to stop vaping please visit <https://smokefreeoregon.com>, call 1-800-QUIT-NOW, or see a health care provider about FDA-approved nicotine replacement and cessation options, such as skin patches, gum, lozenges, inhalers, and medicines.

