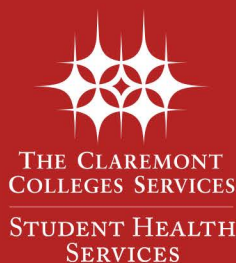


# Information about Lung Injury Associated with E-Cigarette Use, or Vaping

The recreational use of vaping products (e-cigarettes and vapes) has steadily increased in the last 5 years among teenagers and young adults. Unfortunately, the CDC has confirmed that there has been an outbreak of severe lung injury and death among some young people that is associated with the use of these products. Injuries have been reported in users of THC and non-THC products and brand name and non-brand name e-cigarettes. There also maybe a risk for secondhand exposure by being around those who use vaping products.

## Bottom Line recommendations for all students...

- If you currently use ANY vaping products, you may be at risk of injury. While there is ongoing investigation about the cause of the outbreak of vaping related injuries, we strongly advise that you discontinue the use of these products until it is known what is safe. If you are using the product for medical reasons, we advise that you see a medical provider to discuss the risk of quitting and utilizing other treatments verses continued vaping use.
- If you have used ANY vaping products within the last 90 days and you are having symptoms of cough, shortness of breath, chest pain, unexplained nausea or fatigue then you should be seen by a medical provider.
- If you are using a vaping product and you think you may be addicted to one of the substances you are inhaling, please be seen by a provider at SHS or Monsour to discuss options and get support in cutting back or quitting.



The best website to get up-to-date and reliable information is from the Centers for Disease Control (CDC)'s information portal about vape-associated lung injury: <https://tccs.info/35VjNb3>

- As of October 8, 2019, 1,299\* lung injury cases associated with the use of e-cigarette, or vaping, products have been reported to CDC from 49 states, the District of Columbia, and 1 U.S. territory.
- Twenty-six deaths have been confirmed in 21 states.
- All patients have reported a history of using e-cigarette, or vaping, products.
- Most patients report a history of using THC-containing products. The latest national and regional findings suggest products containing THC play a role in the outbreak.
- Approximately 70% of patients are male.
- Approximately 80% of patients are under 35 years old.