Alert: Vaping and Using E-Cigarettes

Update: April 2020

If you are vaping or using any e-cigarette product, know the risks. Serious and mysterious lung illnesses linked to vaping have made people very sick, and some have even died. These cases have happened in Illinois and all over the country. More cases are being investigated.

WHAT'S HAPPENING

As of February 18, 2020, a total of 2,807 hospitalized e-cigarette, or vaping, product use-associated lung injury (EVALI) cases or deaths have been reported to CDC from 50 states, the District of Columbia, Puerto Rico and U.S. Virgin Islands.

Right now, it's not known exactly what's causing the illnesses and death. So, it seems that vaping **anything**: nicotine, marijuana, THC, etc. could lead to this illness.

If you are attempting to quit smoking or vaping, TASC can help you do that safely.

KNOW THE SIGNS

If you do decide to vape or use e-cigarettes, you should monitor yourself for symptoms like **coughing, shortness of breath and chest pain**, and immediately seek medical attention if you become worried about your health.

In many cases, people who got sick reported a gradual start of symptoms, including breathing difficulty, shortness of breath, and/or chest pain before hospitalization. Some cases reported mild to moderate gastrointestinal illness **including vomiting and diarrhea, or other symptoms such as fevers or fatigue.**

The Centers for Disease Control (CDC) recommends the following:
- Do not buy e-cigarette products with THC or other cannabinoids off the street;
- Do not modify e-cigarette products or add any substances that are not intended by the manufacturer.
- E-cigarette products should not be used by youth, young adults, pregnant women, or adults who do not currently use tobacco products.

If you are worried about harmful effects from e-cigarette products, call poison control at: 1-800-222-1222.

For additional information from the Centers for Disease Control and Prevention, please visit:
www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm