

# LET'S CLEAR THE AIR

## THE SERIOUS DANGERS OF VAPING

E-cigarettes or “vapes” have recently been linked to serious and even fatal lung illnesses in Louisiana and across the country. Parents and caregivers are encouraged to learn about vaping, talk to their children about the potentially serious dangers of e-cigarette use, and reach out to available resources for assistance if needed.

### WHAT YOU SHOULD KNOW ABOUT VAPING

- E-cigarettes are the most commonly used tobacco products among junior high and high school students.
- E-cigarettes come in a variety of shapes and sizes and may not look like a tobacco product, which can make them hard to spot. They can resemble other tobacco products such as cigarettes or ordinary household items such as USB flash drives, pens, and flashlights.
- E-cigarettes can contain nicotine, flavorings and other chemicals, and some may contain marijuana or other substances.
- Even if a vaping product does not contain nicotine, there are still risks associated with exposure to other harmful chemicals.

### FACTS ABOUT ILLNESSES LINKED TO VAPING

The Centers for Disease Control and the Louisiana Department of Health have put out an urgent message warning of potentially deadly lung diseases associated with the use of e-cigarettes.

Symptoms of severe lung disease reported by some patients in this outbreak:

- Cough, shortness of breath, or chest pain
- Nausea, vomiting, or diarrhea
- Fatigue, fever, or abdominal pain
- All patients have reported using e-cigarette products and the symptom onset has ranged from a few days to several weeks after e-cigarette use.

If you or your child have used e-cigarettes and have these symptoms, see a healthcare provider right away or call your local poison control center at 1-800-222-1222.

**VISIT [WWW.CDC.GOV/E-CIGARETTES](http://WWW.CDC.GOV/E-CIGARETTES) FOR MORE INFORMATION.**

*This information is provided by the Centers for Disease Control and Louisiana Department of Health.*