

# VAPING

## Making Sense of What You've Been Hearing

People are getting sick or dying from a lung injury after vaping. And the tobacco industry is targeting young people with addictive products.

If you were thinking of quitting before — or the stuff you've been hearing is making you nervous about vape — now is a great time to quit for good.

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### Need Help to Quit Vape?

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With a new **text-to-quit service — This is Quitting** — the help and support you need to quit tobacco vape is just a text away. Text **DITCHJUUL** to **88709**.

The **Oregon Quit Line** has special resources for youth. They can help you quit tobacco and marijuana vape.

- English: **1-800-QUIT-NOW** (1-800-784-8669) or [quitnow.net/oregon](http://quitnow.net/oregon)
- Español: **1-855-DEJELO-YA** (1-855-335-35692) or [quitnow.net/oregonsp](http://quitnow.net/oregonsp)

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### When to See a Doctor

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Get help right away if you have trouble catching your breath, are coughing a lot or have any pain in your chest after vaping. Whether you're feeling those things or not, your health care provider can talk to you, confidentially, about vaping and help you quit for good.

### Here Are Some Signs That Vape Might Be Taking a Toll on You

- You're feeling moody or acting differently than usual.
- You're craving certain foods more than ever, and the feeling won't go away.
- It's hard to focus because you just want to vape.
- You're getting headaches, feeling nauseated, coughing or feeling short of breath.
- You're tired more than usual no matter how much sleep you get.