Dear [School Name] Families,

We are writing with information about the Oregon Health Authority’s public health warning against vaping and resources the state has provided for educators and parents. This is a frightening and challenging time for young people addicted to vaping products and their families. The health and safety of our students and families is a top priority for our school district, and we ask that you take this warning and information seriously and share it with your children and other family members.

More than 20 cases of vaping-associated lung injury have been confirmed in Oregon, including two deaths. The Oregon Health Authority has issued a public health warning urging all youth and adults to immediately stop using all vaping products. The two deaths in Oregon are part of a national outbreak. The U.S. Centers for Disease Control and Prevention (CDC) has confirmed over 2,500 cases and 50 deaths, the majority of them in youth and young adults.

To date, the illnesses and deaths have not been tied to a specific product or substance, so no e-cigarette or other vaping products should be used or considered safe. State health officials are working closely with the CDC and the U.S. Food and Drug Administration to determine the cause of deaths and illnesses in Oregon and across the nation.

If you or someone you know smokes or vapes, we urge you to quit now. Free help is available from the following resources:

* 1-800-QUIT-NOW (1-800-784-8669), [www.quitnow.net/Oregon](http://www.quitnow.net/Oregon)
* Español: 1-855-DEJELO-YA (1-855-335356-92), <https://www.quitnow.net/oregonsp/>.
* This is Quitting powered by truth® is a free, confidential, 24-7 texting program for young people who vape. Text DITCHJUUL to 88709 or [www.thisisquitting.com](http://www.thisisquitting.com).
* Oregon’s Drug and Alcohol Helpline: Call 800-923-4357 or text RecoveryNow to 839863.

**Switching to cigarettes or other combustible products is not a safer option.**

The Oregon Health Authority has developed a website that includes resources for educators, parents, and students about the health risks of vaping and how to quit at: [healthoregon.org/vaping](http://www.healthoregon.org/vaping). We also recommend that parents immediately contact their health care provider if they have any questions or concerns about their health of the health of their students.

Sincerely,

[School District official]

Additional information and resources

**Resources for schools and educators:**

* [U.S. Surgeon General Know the Risks Campaign ​](https://e-cigarettes.surgeongeneral.gov/)Includes resources for schools, parents, teachers, and health care providers.
* [U.S. Food and Drug Administration The Real Cost Campaign](https://www.fda.gov/tobacco-products/real-cost-campaign) Includes [free resources for high school educators](http://www.scholastic.com/youthvapingrisks/).
* [U.S. Centers for Disease Control and Prevention:  Electronic Cigarettes](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm) Includes information about e-cigarette use among youth, resources for people who work with youth, and infographics and other media resources.

**Information for parents:**

* [Teachers and Parents: That USB Stick Might Be an E-cigarette poster](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/parent-teacher-ecig-508.pdf) (US Centers for Disease Control and Prevention)
* [Vaping: What You Need to Know And How to Talk With Your Kids (PDF)](https://drugfree.org/download/what-you-need-to-know-how-to-talk-to-your-kids-about-vaping/) (Partnership for Drug-Free Kids)
* [Smokefree Oregon](http://www.smokefreeoregon.com): How the tobacco industry markets to kids in Oregon and how to get involved in your community (Oregon Health Authority)

**Information for students:**

* [Know the Risks E-Cigarettes and Young People](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&cad=rja&uact=8&ved=2ahUKEwjZgduLq-rkAhWBoJ4KHZiPCXwQFjAAegQIBRAC&url=https%3A%2F%2Fe-cigarettes.surgeongeneral.gov%2F&usg=AOvVaw07TcxBhhSTazpMCpGzDo_R) (US Centers for Disease Control and Prevention)
* [E-cigarettes, “Vapes”, and JUULs, What Teens Should Know (PDF)](https://www.lung.org/assets/documents/stop-smoking/e-cigarettes-teens.pdf) (American Lung Association)
* [Tips for Teens: E-cigarettes](https://store.samhsa.gov/product/tips-for-teens-e-cigarettes/pep19-12) (US Substance Abuse and Mental Health Services Administration)