

Help Youth Stop Vaping Immediately

Oregon Health Authority recommends that everyone stop using all vaping products immediately.

What Can Parents, Educators and Others Who Support Youth Do?

- 1) **Talk with youth about vaping.** Visit healthoregon.org/vaping for tips.
- 2) **Watch for signs of vaping:**
 - Sudden changes in behavior or mood swings, beyond expected adolescent behavior.
 - Sweet or fruity smells on clothing or other personal items.
 - Physical symptoms, like frequent headaches and nausea.
 - Unfamiliar school supplies or tech products. Many vaping devices look like USB drives or other easy-to-conceal items.
- 3) **Encourage youth to seek medical attention** if they have been vaping and are experiencing shortness of breath, coughing or chest pain.
- 4) **Share these free, confidential, 24/7 resources to help youth quit:**
 - Text **DITCHJUUL** to **88709**: Text-based, youth-focused support to quit nicotine vape.
 - **The Oregon Quit Line**: Phone, online and text counseling to quit nicotine and cannabis:
 - English: 1-800-QUIT-NOW (1-800-784-8669), quitnow.net/oregon.
 - Español: 1-855-DÉJELO-YA (1-855-335-35692), quitnow.net/oregonsp.
 - **Oregon's Drug and Alcohol Helpline**: Information and access to resources and treatment for alcohol or drug use. Call 1-800-923-4357 or text **RecoveryNow** to **839863**.
- 5) **Get engaged with efforts to reduce youth tobacco and vape use for good.** Many counties in Oregon are working on policies that would require tobacco retailers to have a license or bans on all flavored products. Find out what's happening in your county and how to get involved at smokefreeoregon.com.

What's going on with vaping?

- Flavored vaping products (e-cigarettes) are the most commonly used tobacco product among youth, up 80 percent in the last two years. The Surgeon General calls this an **epidemic**.
- A month ago, the Centers for Disease Control and Prevention (CDC) started tracking cases of serious lung injury with one thing in common: vaping.
- There are more than 1,000 cases identified nationally, and most cases are among young people.