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.
   - **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.

For more information and resources about vaping, visit: healthoregon.org/vaping