

Talk early and often about alcohol, tobacco and other drugs. Even when it gets tough.



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Talking regularly with youth about the dangers of alcohol, tobacco and other drugs reduces their risk of using in the first place.

Know! encourages you to share this Parent Tip with friends and family.

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## Start Talking!

Building a Drug-Free Future



## Know! Alert: E-Cigarettes Aren't Safe



E-cigarettes have been causing an epidemic of youth use across the country for some time now. Despite claims of how “safe” they are by those selling them, they’re putting people into emergency rooms and hospitals across the nation. As of August 30th, **one person has died and more than 200 cases of vaping-related lung illnesses have been reported**, although some estimates place the illness total much higher, even as high as 300. In one case, doctors medically induced a coma and hooked someone up to a ventilator.

Times like these make it difficult to keep up with the constantly changing story. Here, we’ve gathered the latest facts, taken from the Centers for Disease Control and Prevention and the Food and Drug Administration.

Here’s what we know:

- **Patients with these illnesses are coughing, have shortness of breath, and report fatigue.** Those symptoms worsened for days or weeks before the patient was admitted into the hospital. Other symptoms include fever, chest pain, weight loss, nausea, vomiting, and diarrhea.
- **All of these cases involve e-cigarette use.** Many also involve using marijuana liquids in e-cigarettes. No specific product has been identified as the culprit.
- **Federal and state officials are still investigating these diseases to determine what exactly is happening.** The CDC is assisting states, and Illinois and Wisconsin each have their own investigations.
- **The CDC recommends refraining from using e-cigarette products if you’re concerned about these risks.** The CDC also recommends calling poison control at 1-800-222-1222 if you’re concerned about the harmful effects of e-cigarette use.

Here’s what we don’t know:

- **While these cases are similar, it isn’t known if there is one common cause.** Investigations are ongoing.
- **It isn’t known what substances were in the e-cigarettes involved in these cases.** There could even be a variety of substances used.

Talk to your kids about the dangers of vaping, especially in light of this



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Empowering Parents To Raise Their Children To Be Substance-Free



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terrible yet teachable moment. On our website, you'll [find information to talk to your child about e-cigarettes as well as links to resource centers](#) maintained by the U.S. Surgeon General's office, the National Institute on Drug Abuse, and the CDC.

>>> [Learn about E-Cigarettes.](#)

It's important to know that this has been a developing story for many weeks now. More information continues to come out about this trend, and it's crucial that we stay informed about it. Information that we know now may prove to no longer be the case, and more facts may emerge later that change today's expert analyses.

>>> [CDC website](#)

>>> [FDA website](#)

Sources: [CDC, FDA, States Continue to Investigate Severe Pulmonary Disease among People Who Use E-Cigarettes. The Centers for Disease Control and Prevention. CDC Urges Clinicians to Report Possible Cases of Unexplained Vaping-associated Pulmonary Illness to their State/Local Health Department. Clinical Action: CDC Clinician Outreach and Communication Activity. The Centers for Disease Control and Prevention.](#)