

# ALERT!

## Outbreak of Lung Injury Associated with Use of Vaping Products

### What We Know About the Outbreak

As of November 13th 2019, 2,172 cases of e-cigarette or vaping associated lung injury (EVALI) have been reported to the Centers for Disease Control (CDC) from 49 states. Forty-two deaths have been confirmed.

### What We Know About Patient Exposure

All EVALI patients have reported a history of using e-cigarette or vaping products. Marijuana (THC) is present in most of the samples tested by the FDA to date, and most patients report a history of using THC-containing products.

The latest national and state findings suggest products containing THC, particularly those obtained off the street or from other informal sources (e.g. friends, family members, illicit dealers), are linked to most of the cases and play a major role in the outbreak.

### What We Don't Know

At this time, the FDA and CDC have not identified the cause or causes of the lung injuries in these cases, and the only commonality among all cases is that patients report the use of e-cigarette, or vaping, products.

No one compound or ingredient has emerged as the cause of these illnesses to date; and it may be that there is more than one cause of this outbreak. Many different substances and product sources are still under investigation. The specific chemical

exposure(s) causing lung injuries associated with vaping remains unknown at this time

### What CDC Recommends

CDC recommends that you do not use e-cigarette, or vaping, products that contain THC. CDC also recommends that people should not:

- Buy any type of e-cigarette or vaping products—particularly those containing THC—off the street.
- Modify or add any substances to e-cigarette or vaping products that are not intended by the manufacturer, including products purchased through retail establishments.

Since the specific compound or ingredient causing lung injury are not yet known, the only way to assure that you are not at risk while the investigation continues is to consider refraining from use of all e-cigarette, or vaping, products.

If you are an adult using vaping products to quit smoking, do not return to smoking cigarettes. Adults addicted to nicotine using e-cigarettes should weigh all risks and benefits and consider utilizing FDA-approved nicotine replacement therapies.

If people continue to use a vaping product, carefully monitor yourself for symptoms and see a healthcare provider immediately if you develop symptoms like those reported in this outbreak.

Irrespective of the ongoing investigation vaping products should never

be used by youths, young adults, or women who are pregnant. Adults who do not currently use tobacco products should not start using vaping products. There is no safe tobacco product. All tobacco products, including e-cigarettes, carry a risk.

THC use has been associated with a wide range of health effects, particularly with prolonged heavy use. The best way to avoid potentially harmful effects is to not use THC, including through vaping products. Persons with marijuana use disorder should seek evidence-based treatment by a health care provider.

### Key Facts About Use of Vaping Products

- Electronic cigarettes—or e-cigarettes—are also called vapes, e-hookahs, vape pens, tank systems, mods, and electronic nicotine delivery systems (ENDS).
- Using an e-cigarette product is commonly called vaping.
- E-cigarettes work by heating a liquid to produce an aerosol that users inhale into their lungs.
- The liquid can contain: nicotine, tetrahydrocannabinol (THC) and cannabinoid (CBD) oils, and other substances and additives. THC is the psychoactive mind-altering compound of marijuana that produces the “high”. 🚫



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