

E-CIGARETTE WARNING**What are e-cigarettes?**

E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.

E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products—flavorings, and other chemicals that help to make the aerosol. Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air.

E-cigarettes are known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems (ENDS).”

Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens, USB sticks, and other everyday items. Larger devices such as tank systems, or “mods,” do not resemble other tobacco products.

Using an e-cigarette is sometimes called “vaping.”

E-cigarettes can be used to deliver marijuana and other drugs.

Images of Tank and mods, rechargeable e-cigarette, and a disposable e-cigarette:



E-CIGARETTE WARNING**What is vaping?**

- Using an e-cigarette is commonly called vaping.
- Vaping can refer to using e-cigarettes to inhale many substances, including nicotine, and THC or CBD oils.

What is causing this outbreak of lung injury?

- The latest findings from the investigation into lung injuries associated with e-cigarette use, or vaping, suggest THC products play a role in the outbreak.
- Most of the people who have developed lung injury reported using THC-containing products, or both THC-containing products and nicotine-containing products. Some of the patients reported using only nicotine-containing products.
- More information is needed to know whether one or more e-cigarette or vaping products, substances, brands or methods of use is responsible for the outbreak.

How can I protect myself?

- While this investigation is ongoing, CDC recommends that you consider refraining from using e-cigarette, or vaping, products, particularly those containing THC.
- Anyone who uses an e-cigarette or vaping product should not buy these products (e.g., e-cigarette or vaping products with THC or CBD oils) off the street, and should not modify or add any substances to these products that are not intended by the manufacturer.
- If you are an adult who uses e-cigarettes because you have quit cigarette smoking, you should not return to smoking cigarettes.

What are the symptoms of e-cigarette lung injury?**Symptoms of Lung Injury Reported by Some Patients in This Outbreak**

- Patients in this investigation have reported symptoms such as:
 - cough, shortness of breath, or chest pain
 - nausea, vomiting, or diarrhea

E-CIGARETTE WARNING

- fatigue, fever, or abdominal pain
- Some patients have reported that their symptoms developed over a few days, while others have reported that their symptoms developed over several weeks. A lung infection does not appear to be causing the symptoms.

What should I do if I have used e-cigarettes and have symptoms?

- See a healthcare provider right away if you have symptoms like those reported in this outbreak.
- You can also call your local poison control center at 1-800-222-1222.
- You can also submit a detailed report of any unexpected health or product issues related to tobacco or e-cigarette products to the FDA via the online [Safety Reporting Portal](#).

What is a JUUL?

- JUUL is a brand of e-cigarette that is shaped like a USB flash drive. Like other e-cigarettes, JUUL is a battery-powered device that heats a nicotine-containing liquid to produce an aerosol that is inhaled.
- All JUUL e-cigarettes have a high level of nicotine. According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes.
- JUUL is one of a few e-cigarettes that use nicotine salts, which allow particularly high levels of nicotine to be inhaled more easily and with less irritation than the free-base nicotine that has traditionally been used in tobacco products, including e-cigarettes.
- News outlets and social media sites report widespread use of JUUL by students in schools, including classrooms and bathrooms.
- Approximately two-thirds of JUUL users aged 15 – 24 do not know that JUUL always contains nicotine.
- Although JUUL is currently the top-selling e-cigarette brand in the United States, other companies sell e-cigarettes that look like USB flash drives. Examples include the MarkTen Elite, a nicotine delivery device, and the PAX Era, a marijuana delivery device that looks like JUUL.
- Additional information about USB-shaped e-cigarettes and actions that parents, educators, and health care providers can take to protect kids is available at [CDC's Infographic](#) [PDF – 1.2MB]

E-CIGARETTE WARNING****What to Watch For: 6 Signs Your Teen is Vaping**

One major issue with vaping is that parents, teachers and school administrators have a hard time knowing when kids are actually doing it. Many of the vaping devices look like everyday objects that would be used for another purpose. And since there's no smoke, it's hard to catch kids in the act. The aerosol also dissipates quickly and leaves no residue.

It's hard to tell if your child is vaping, but these signs may help you figure it out:

1. **Unusual items.** Some vaping devices resemble common items like USB drives and pens so they may not be that easy to spot, but they usually have holes on each end. They can also look like more traditional smoking devices. Keep an eye out for refill pods, atomizers and cartridges, which some vaping devices use, and batteries that require recharging. Organic cotton balls and thin metallic coils are other components used when vaping. Vaping devices can also be hidden inside of common items like highlighters.
2. **Sweet smell.** Although odorless and scented liquids can be used in electronic smoking devices, many teens choose scented vapor. The most popular flavors are sweet so you may notice an unusually sweet smell, although it goes away quickly.
3. **Changes in thirst and taste.** The process of vaping makes users' mouths dry. So if you see kids drinking more than usual, it may be a sign they're vaping. A dry mouth also makes food taste less flavorful, so if your child is using more spices or salt, that may also be a clue.
4. **Nosebleeds.** Not only does the mouth get dry when vaping but so does the inside of the nose as the vapor is exhaled through the nostrils. This can result in nosebleeds.
5. **Less need for caffeine.** Vaping causes some people to be more sensitive to caffeine. If your teen is skipping the daily caffeine fix, it may be time to look for other signs of vaping.
6. **Unexplained cough, throat-clearing or mouth sores.** Researchers have linked vaping to mouth wounds that won't heal and a smoker's-like cough.

**University of Virginia Health System

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html