

E-Cigarette/Vaping Information

The Centers for Disease Control and Prevention (CDC) is recommending that people consider not using e-cigarette products or vaping until they have determined the cause of an on-going multi-state outbreak of severe pulmonary diseases associated with the use of these products. If you experience symptoms such as cough, shortness of breath, chest pain, nausea, vomiting, diarrhea, fatigue, fever, or weight loss due to the use of e-cigarette products, see a healthcare provider.

CDC also states, regardless of the investigation:

- Youth, young adults, and women who are pregnant should not use e-cigarette products
- Adults who do not currently use tobacco products should not start using e-cigarette products
- If you do use e-cigarette products, you should not buy these products off the street (for example, e-cigarette products with THC or other cannabinoids)
- You should not modify e-cigarette products or add any substances to these products that are not intended by the manufacturer

Adult smokers who are attempting to quit should use evidence-based treatments, including counseling and FDA-approved medications. If you need help quitting tobacco products, including e-cigarettes, contact your doctor or other medical provider.

More information can be found at the CDC website

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html or the NJ Department of Health website vapefactsnj.com



Westfield Regional Health Department
P. 908-789-4070
www.westfieldnj.gov/health

Contractual Health Department for:
Chatham Borough
Fanwood
Garwood
Mountainside
New Providence
Roselle Park
Summit
Westfield