



## HEALTH ADVISORY

### Imminent Health Risks of Electronic Cigarettes and Vaping Devices

The Georgia Department of Public Health is issuing this health advisory to inform the public of the imminent health risks posed by electronic cigarettes or other vaping devices. Serious lung injuries, and in some cases death, have been linked to e-cigarettes or other vaping devices and the vaping products used in them. The Centers for Disease Control and Prevention (CDC) and state health departments are investigating, but the specific cause of the lung injuries remains unknown.

- E-cigarettes and other vaping devices can deliver nicotine, flavorings and other drugs such as THC and CBD.
- Nicotine is a dangerous and highly addictive chemical. It can cause an increase in blood pressure, heart rate and flow of blood to the heart.
- The CDC's investigation into lung injuries associated with e-cigarette use or vaping suggest THC products play a role.
- While the CDC investigation is ongoing, individuals should not use e-cigarettes or other vaping devices.
- **People should never buy vaping products off the street or modify or add any substances to e-cigarette products.**
- E-cigarette aerosol is not harmless water vapor. In addition to nicotine, the aerosol contains other harmful substances including diacetyl (a chemical linked to a serious lung disease), cancer-causing chemicals and heavy metals such as nickel, tin and lead.
- **Use of any tobacco product by adolescents, including e-cigarettes or other vaping devices, is unsafe.** Most e-cigarettes contain nicotine which can harm adolescent brain development, continuing into the early to mid-20s. Young people who use e-cigarettes may be more likely to go on to use regular cigarettes or other addictive drugs.
- E-cigarettes and other vaping devices that deliver nicotine or other drugs are **not safe to use during pregnancy**. Nicotine is a health danger for pregnant women and can damage a developing baby's brain and lungs, cause low birthweight and/or lead to sudden infant death syndrome (SIDS).
- Symptoms of vaping-associated illness, which worsen over time, include cough, shortness of breath, fatigue, chest pain, nausea, vomiting and diarrhea. People with a history of vaping who are experiencing breathing problems or any of these symptoms should seek medical care.
- E-cigarettes are not currently approved by the Food and Drug Administration (FDA) as a quit smoking aid. If you are an adult who used e-cigarettes containing nicotine to quit cigarette smoking, do not return to smoking cigarettes.
- Contact your health care provider if you need help quitting tobacco products, including e-cigarettes, or call the **Georgia Tobacco Quit Line at 1-877-270-STOP (877-270-7867)**.