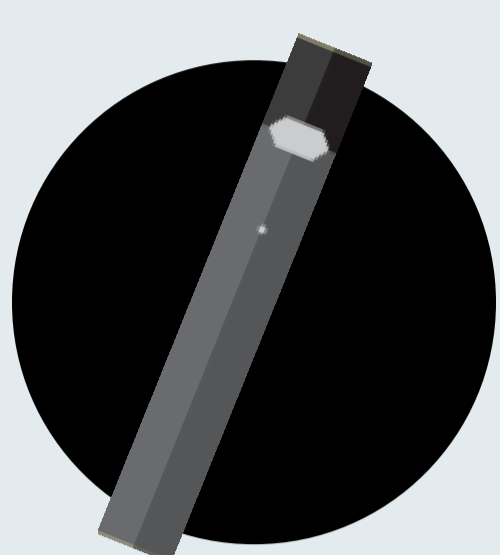


VAPOR & E-CIGARETTE USE IN SEATTLE & KING COUNTY

YOUTH VAPOR USE HAS REACHED EPIDEMIC LEVELS.

In recent years, vapor and e-cigarette use has increased significantly. Many people believe that e-cigarette use is harmless. This is not true. E-cigarette liquids have high levels of nicotine and other chemicals.



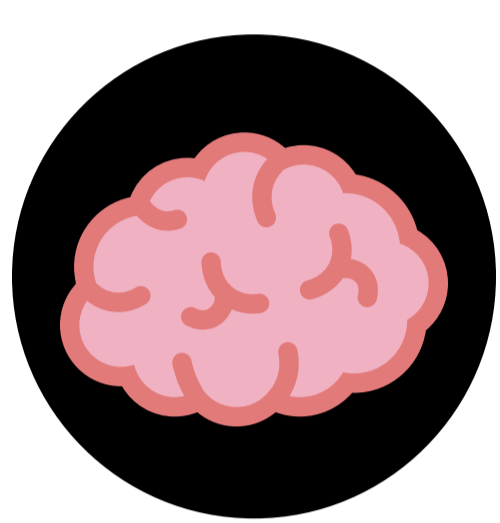
Pod-based units like JUUL are popular among youth. They contain extremely high levels of nicotine. 1 JUUL pod = ~20 cigarettes in terms of nicotine.



E-cigarette and vapor products are attractive to kids and teens in part due to the variety of sweet, candy-like flavors.

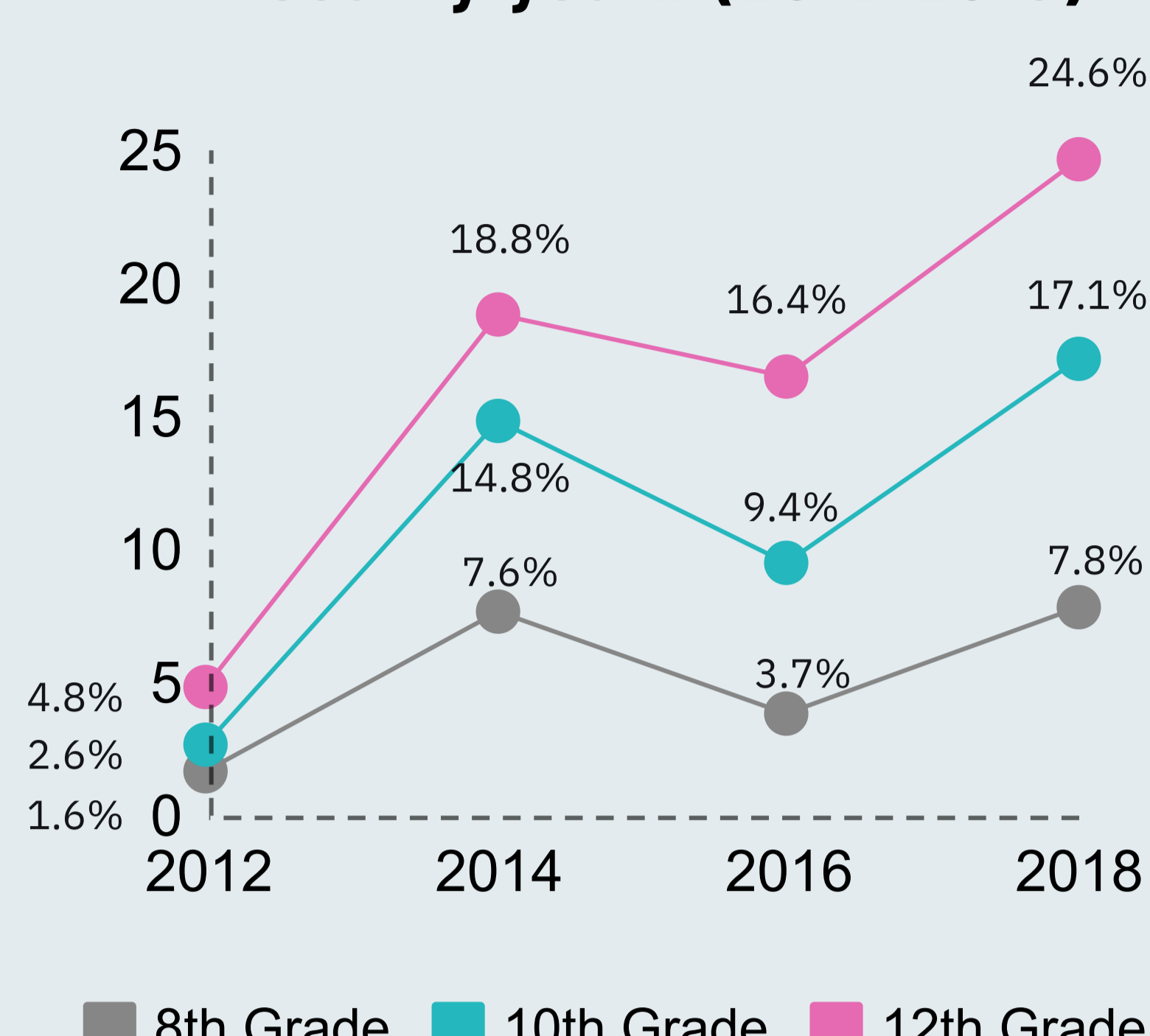


Besides nicotine, nearly all e-cigarette products have toxic substances including heavy metals.

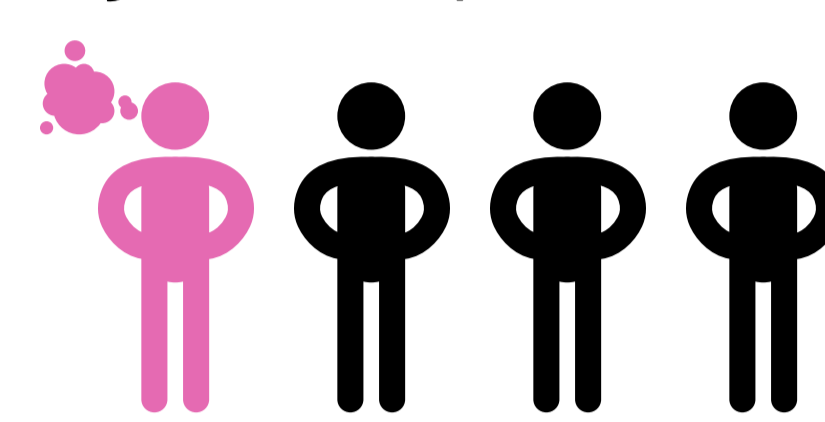


Kids are especially vulnerable to the harmful and addictive effects of nicotine. Early nicotine addiction can harm brain development and cause problems with attention, memory and impulse control and potentially increase the risk for addiction to other substances.

Vapor use among King County youth (2012-2018)



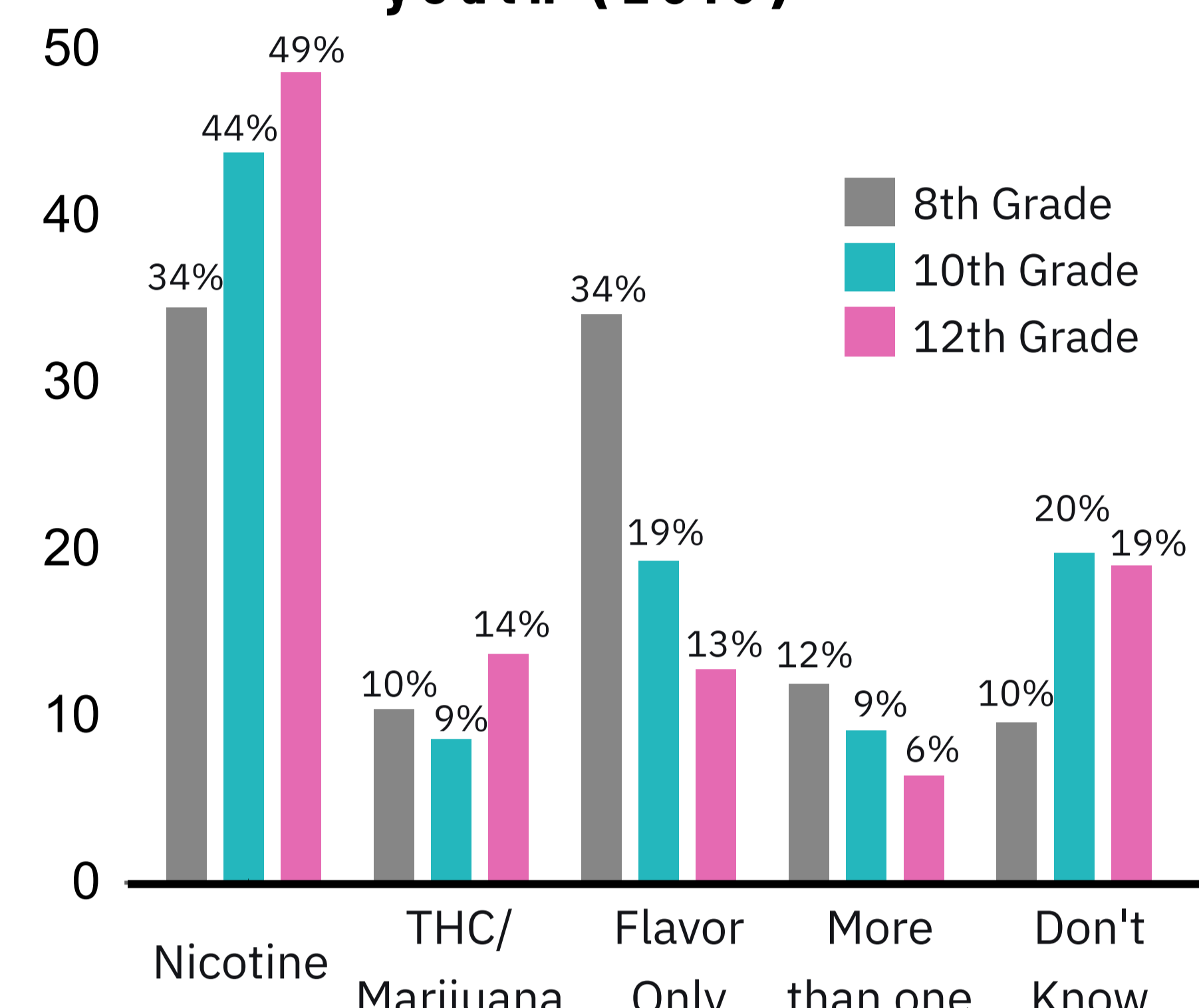
1 in 4 high school seniors report vaping in the past 30 days.



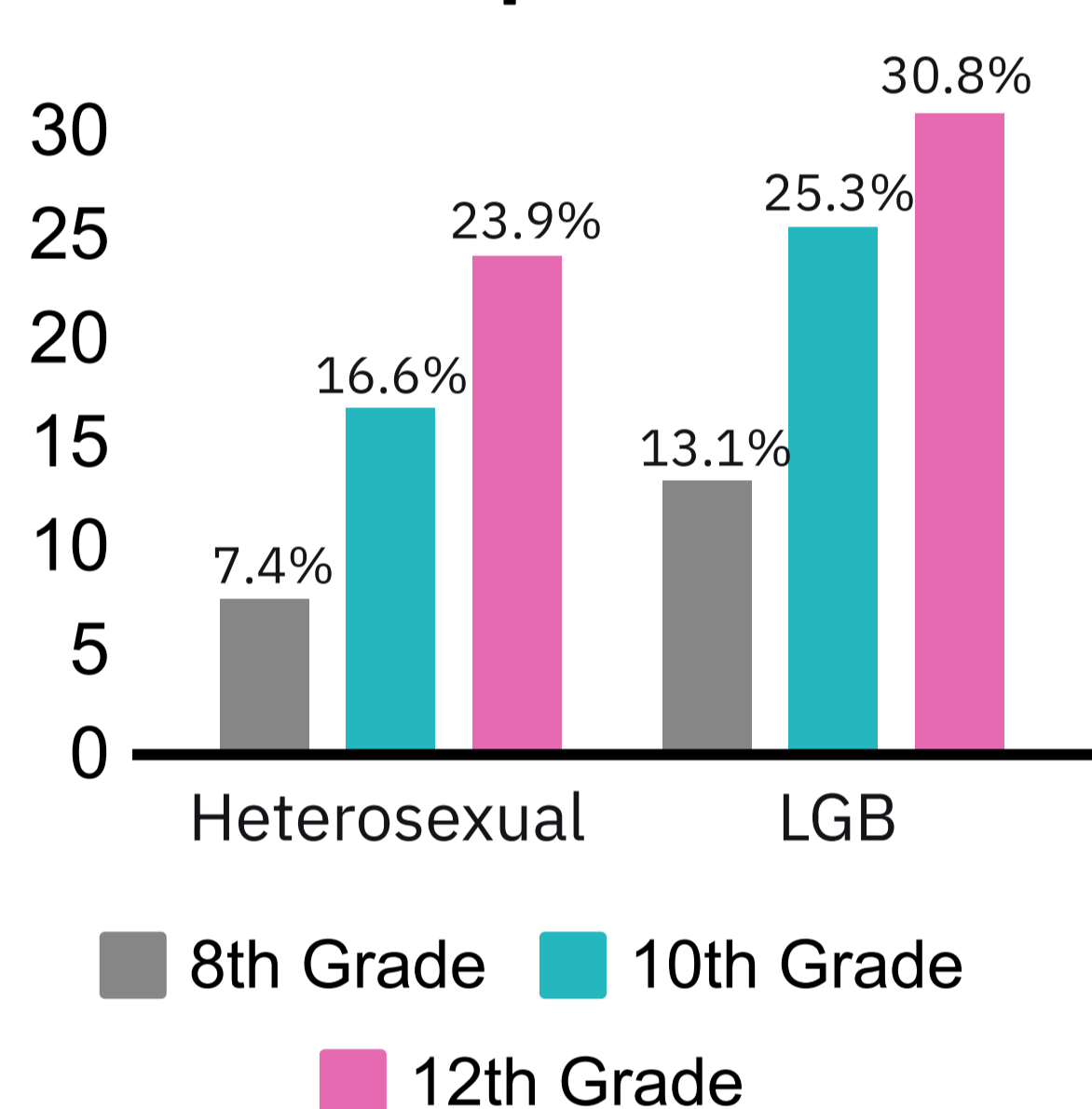
WHAT IS AN E-CIGARETTE?

Electronic smoking devices or e-cigarettes are battery operated devices used to inhale a vaporized liquid solution that contains nicotine, flavorings and other chemicals. E-cigarette use is referred to as "vaping" because the liquid solution becomes a vapor when it is inhaled.

Vape products used by youth (2018)



LGB youth have higher rates of vapor use (2018)



WHAT ELSE DO WE KNOW ABOUT VAPING TRENDS IN KING COUNTY?

Lesbian, Gay, and Bisexual (LGB) youth are more likely to use e-cigarette products compared to their heterosexual peers.

NATIONAL CONCERN WITH E-CIGARETTE USE.

E-cigarettes have been around for about 10 years, but there are still many unknowns about the health effects of e-cigarette use.

The Centers for Disease Control (CDC), the Food and Drug Administration (FDA) and state and local health departments are investigating a multi-state outbreak of severe lung disease associated with e-cigarette use.

Across the United States, over 1,000 cases have been reported. Patients are otherwise healthy and have a history of e-cigarette use. Many, but not all, of these cases are youth or young adults.



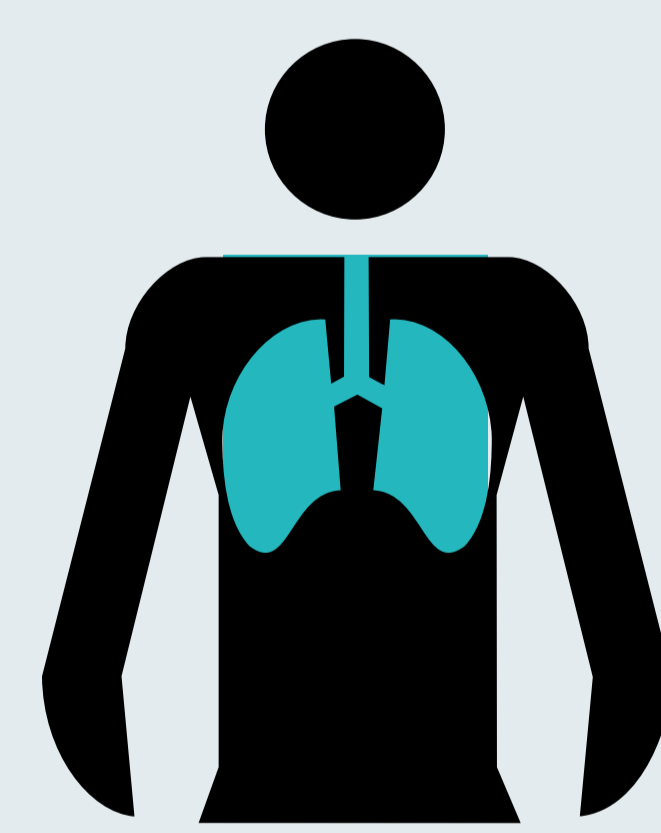
WHAT WE KNOW:

All patients have reported a history of using an e-cigarette product with either THC, nicotine, or both chemicals.



WHAT WE DON'T KNOW:

The specific cause of the illnesses are unknown. The investigation has not identified any specific e-cigarette product (devices, liquids, refill pods, or cartridges) that is linked to all cases.



HOW TO STAY SAFE:

- E-cigarettes and vaping are not safe. Avoid using e-cigarettes and vaping until the cause of this outbreak is known.
- Talk to your kids about the risks of vaping.
- Do not buy e-cigarette products off the street or modify them.
- Youth, young adults, pregnant women, and adults who do not currently use tobacco products should not use e-cigarettes.

PROMPTLY SEEK MEDICAL HELP IF:

You use e-cigarette or vape products and experience coughing, shortness of breath, chest pain, fever, nausea or fatigue.

TRYING TO QUIT?

Although e-cigarettes are not approved as a cigarette smoking cessation method, some people use them this way. If you want to quit or reduce cigarette smoking or have already switched to e-cigarettes, talk to your health care provider or contact the **Washington State Tobacco Quitline at 1-800-QUITNOW.**

