

## Tobacco Prevention Program

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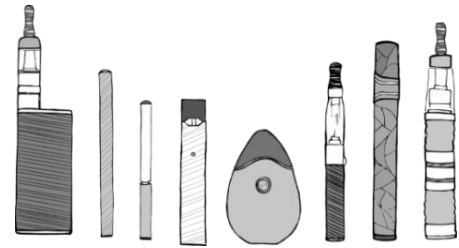
[www.kingcounty.gov/health](http://www.kingcounty.gov/health)

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Dear Parent(s)/Guardian(s),

As you may have heard, there has been an outbreak of lung disease connected to e-cigarette use, or vaping, in many states across the country, including Washington State. Here are some resources about the risks of vaping and what you can do to protect the health of young people.

**What are e-cigarettes?** Electronic cigarettes (“e-cigarettes”) are devices that have nicotine, flavorings and other chemicals. E-cigarettes may also contain THC, a substance found in marijuana. They can come in many shapes and sizes. “Vaping” is the act of inhaling the vapor from the e-cigarette.



In King County 1 in 4 high school seniors reported vaping in the past 30 days. It is currently illegal for stores to sell e-cigarettes to people under the age of 18. The age limit will change to 21 starting January 1, 2020.

**What do we know about the severe lung illness?** Across the United States, over one thousand people who have vaped have gotten sick and some have even died. We do not yet know the specific cause of this illness. Nationally, patients who became ill reported vaping THC, nicotine, or some combination of the two.

**If your teen vapes or uses e-cigarettes and experiences coughing, shortness of breath, chest pain, nausea or fatigue, they should see a doctor immediately.**

- **Talk with your child** or teen about vaping. Find the right moment: Rather than saying, “we need to talk,” you might ask your teen what they think about vaping, or about advertisements for e-cigarettes on the internet or in your community.
- **Read the facts** at <https://e-cigarettes.surgeongeneral.gov/>. A parent tip sheet is available at <http://bit.ly/2lXW0cJ>.
- **If you are concerned that your teen is vaping**, connect with a parent helpline specialist (bilingual in English and Spanish) by calling 1-855-DRUGFREE, visiting [drugfree.org/helpline](http://drugfree.org/helpline), or texting a question to 55753.
- **Teens can call 1-800-QUIT-NOW** or talk with a health care provider.

For additional information on the health risks of e-cigarettes and the developing outbreak, visit Public Health – Seattle & King County’s website: [www.kingcounty.gov/tobacco](http://www.kingcounty.gov/tobacco)