

Vaping-Related Lung Injuries

Overview

The NH Department of Health and Human Services (DHHS) is investigating vaping-related lung injuries as part of a multistate outbreak associated with use of e-cigarette, or vaping, products. DHHS is working with the Centers for Disease Control and Prevention (CDC), the U.S. Food and Drug Administration (FDA), local health departments, and other clinical and public health partners to address the outbreak.

Facts about E-Cigarette/Vaping Use

- Electronic cigarettes (or e-cigarettes) may also be called vapes, e-hookahs, vape pens, tank systems, and mods.
- Using an e-cigarette is also called vaping.
- E-cigarettes work by heating a liquid to produce an aerosol that users inhale into their lungs.
- The liquid can contain: nicotine, tetrahydrocannabinol (THC) and cannabidiol (CBD) oils, and other substances.

Symptoms of Lung Injury

- Patients in this investigation have reported:
 - cough, shortness of breath, or chest pain
 - nausea, vomiting, or diarrhea
 - fatigue, fever, or abdominal pain
- Patients have experienced symptoms ranging from a few days to several weeks.

What We Know

- Numerous lung injury cases have been reported nationwide; some have resulted in death.
- All patients have reported a history of using e-cigarette, or vaping, products.
- Most patients report a history of using THC-containing products. The latest national and regional findings suggest products containing THC play a role in the outbreak but not necessarily THC itself.

What We Don't Know

- The specific chemical exposure(s) causing lung injuries associated with e-cigarette use, or vaping, remains unknown at this time.
- No single product or substance has been linked to all lung injury cases.
- More information is needed to know whether one or more e-cigarette or vaping product, substance, or brand is responsible for the outbreak.

What the CDC & FDA Recommend

- People should:
 - refrain from using e-cigarette/vaping products containing nicotine.
 - not use e-cigarette/vaping products that contain THC.
- If you have recently used an e-cigarette or vaping product and you have symptoms like those listed, see a healthcare provider.
- Anyone who uses e-cigarette/vaping products should not buy these products from off the street/informal sources and should not modify or add any substances to these products.
- Youth, young adults, and pregnant or nursing mothers should not use e-cigarette, or vaping, products.
- Report any unexpected health or e-cigarette product issues to the FDA at www.safetyreporting.hhs.gov.
- People who have quit smoking cigarettes and currently use nicotine vape products should not go back to smoking cigarettes; they should talk with their healthcare provider about FDA-approved quit therapies.

For more information about creating a plan to quit tobacco, visit QuitNowNH.org or call 1-800-QUIT-NOW. For the free and confidential service for teens, call or text "Start My Quit" to 1-855-891-9989 or visit MyLifeMyQuit.com.