



## Vaping/E-Cigarette Facts

CDC, the U.S. Food and Drug Administration (FDA), state and local health departments, and other clinical and public health partners are investigating a multistate outbreak of lung injury associated with e-cigarette product (devices, liquids, refill pods, and/or cartridges) use.

### Key Facts about E-Cigarette Use, or Vaping

- Electronic cigarettes – or e-cigarettes — are also called vapes, e-hookahs, vape pens, and electronic nicotine delivery systems (ENDS).
- Using an e-cigarette product is commonly 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 cannabinoid (CBD) oils, and other substances and additives.

### What we know

- There have been 805\* cases of lung injury reported from 46 states and 1 U.S. territory. Twelve deaths have been confirmed in 10 states.
- CDC has received complete sex and age data on 373 cases.
  - Nearly three fourths (72%) of cases are male
  - Two thirds (67%) of cases are 18 to 34 years old
  - 16% of cases are under 18 years
  - 38% of cases are in people 21 years or younger
  - 17% are 35 years or older
- All reported cases have a history of e-cigarette product use or vaping.
- Based on initial data from certain states we know: Most patients have reported a history of using e-cigarette products containing THC. Many patients have reported using THC and nicotine. Some have reported the use of e-cigarette products containing only nicotine.

### What we don't know

- We do not yet know the specific cause of these lung injuries. The investigation has not identified any specific e-cigarette or vaping product (devices, liquids, refill pods, and/or cartridges) or substance that is linked to all cases.

## What CDC recommends

- Until we know more, if you are concerned about these specific health risks, CDC recommends that you consider refraining from using e-cigarette or vaping products.
- If you are an adult who used e-cigarettes containing nicotine to quit cigarette smoking, do not return to smoking cigarettes.
- If you have recently used an e-cigarette or vaping product and you have symptoms like those reported in this outbreak see a healthcare provider.
- Regardless of the ongoing investigation:
  - Anyone who uses an e-cigarette or vaping product should not buy these products (e.g., e-cigarette or vaping products with THC or CBD oils) off the street, and should not modify or add any substances to these products that are not intended by the manufacturer.
  - [Youth and young adults should not use e-cigarette products.](#)
  - [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.

The [Food & Drug Administration](#) does not regulate e-cigarettes and they are not an approved method to quit smoking. Unregulated devices that deliver nicotine can contain substances that are toxic to the lungs or other bodily tissues. Although extensive research has not been performed on e-cigarettes, data already shows both long- and short-term negative effects from chemicals and heavy metals in e-cigarettes.

The Student Health Center offers free individual counseling for students who are interested in [strategies for quitting smoking](#) or e-cigarettes. Providers will work with students on behavioral strategies and/or prescription smoking cessation medications. The [Wisconsin Tobacco Quit Line](#) is available at 800-QUIT-NOW or [WiQuitLine.org](#).

