

## VAPE ALERT

If you or someone you know vapes, please read this message  
from the Centers for Disease Control and Prevention

The CDC is conducting an investigation into the health hazards of vaping. While this investigation is ongoing, please consider NOT vaping.

If you vape and you have symptoms like these, see your health care provider immediately:

- cough, shortness of breath, or chest pain
- nausea, vomiting, or diarrhea
- fatigue, fever, or weight loss

Symptoms can start over a few days or several weeks.

### Recommendations:

- Youth and young adults should not vape.
- Women who are pregnant should not vape.
- Adults who do not currently use tobacco products should not start using e-cigarette products.
- If you do use e-cigarette products, you should not buy these products off the street (for example, e-cigarette products with THC or other cannabinoids).
- You should not modify e-cigarette products or add any substances to these products that are not intended by the manufacturer.
- Adult smokers who are attempting to quit should use evidence-based treatments, including counseling and FDA-approved medications. If you need help quitting tobacco products, including e-cigarettes, contact your doctor or other medical provider or the health department at 715-421-8911.

If you are concerned about your health after using an e-cigarette product, you can also call your local poison control center at 1-800-222-1222. If you are experiencing a medical emergency, call 9-1-1 immediately.