



THE HEALTH AND LEGAL CONSEQUENCES OF VAPING

March 9, 2020 – The United States is facing an epidemic as electronic cigarettes (vapes) have become very popular.

The vapor from e-cigarettes contains nicotine, many harmful chemicals, cancer-causing chemicals and heavy metals. There are many unanswered questions about the long-term safety of e-cigarettes.

Like regular cigarettes, those who are around others who are using an e-cigarette are also breathing in the vapor along with all the chemicals. There is also a risk for thirdhand exposure from chemicals and vape dust that are present on surfaces and in the air.

People are also using marijuana products in e-cigarettes and suffering much stronger effects. THC is the active ingredient in marijuana and Vitamin E acetate is being added to e-cigarette cartridges that have THC in them. The Centers for Disease Control and Prevention (CDC) have said the Vitamin E acetate is closely linked with the vaping-related lung injuries that are happening.

E-cigarettes and vaping products bought online are often created by unknown sources and can contain dangerous and unknown ingredients.

Michigan recently reported its third vaping-related lung injury death. According to the Michigan Department of Health and Human Services (MDHHS), since August 2019, 65 confirmed and probable vaping-related lung injury cases have been reported in Michigan, including three deaths.

Those using e-cigarettes should seek medical attention quickly if they develop symptoms such as shortness of breath, chest pain, cough, fever and/or nausea, and vomiting. “There is a lot we do not know about the safety of e-cigarettes”, says Dr. Jennifer Morse, Medical Director of District Health Department #10. “We do know they are not an approved or proven method to quit smoking. There are 7 approved forms of treatment available for smoking cessation that are safe and effective. Knowing this and with the thousands of vaping related illnesses and numerous deaths, all vaping should be avoided.”

The Legal Consequences of Vaping:

With the new Tobacco 21 laws, individuals must now be 21 years of age to purchase and use vaping products. Selling tobacco and vaping products to minors is a \$100 fine for the first offense. It goes up to \$500 for second offense and \$2500 for third offense. These are violations of Michigan Law. For minors attempting to purchase or use vaping products, punishments include fines up to \$50, education on health risks, and community services.



MEDIA CONTACT

Jeannine Taylor
Public Information Officer
O: 231-876-3823
C: 231-920-4998
E: jtaylor@dhd10.org



COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



www.dhd10.org



www.facebook.com/DHD10

What You Can Do:

If you know someone who is using e-cigarettes/vaping, there are several things you can do. Recommendations include:

- Educate yourself and your children on the harms of e-cigarette use/vaping
- Include e-cigarettes into smoke-free policies (schools, workplace, etc.)
- Prevent youth access to these products
- Refer those who are struggling with e-cigarette use/vaping for help

For those under 18 years of age:

- My Life My Quit <https://mylifemyquit.com> or text "StartMyQuit" to 855-891-9989 - Smokefree Teen: www.teen.smokefree.gov or text "Quit" to iQuit (47848)
- Free Truth Initiative quit programs: This is Quitting or BecomeAnEx. Users can text "QUIT" to 202-804-9884. - Smoking Stinks: <https://smokingstinks.org>

For those 18 years of age and older:

- Michigan Tobacco Quitline: <https://michigan.quitlogix.org/en-US> or call 1-800-QUIT-NOW (784-8669)
- District Health Department #10's Tobacco Cessation Program <https://www.livewell4health.org/tobacco-cessation>

Safe & Healthy Communities Coalition (SHC) is a local community coalition focused on preventing substance use in Wexford and Missaukee Counties. SHC is currently working on addressing vaping, among other substance use issues, in our communities. To learn more and to stay-up-to date on what is happening, visit Safe & Healthy Communities Coalition on Facebook at <https://www.facebook.com/SHCCoalition/> or contact Angie Gullekson at agullekson@dhd10.org or 231-876-3813.

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families of Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

###