The Middle-Brook Regional Health Commission warns the public of an Outbreak of Lung Illness Associated with Using E-cigarette Products.

The Centers for Disease Control and Prevention (CDC), along with the U.S. Food and Drug Administration (FDA), and state and local health departments, is investigating an on-going multi-state outbreak of severe pulmonary diseases associated with the use of e-cigarette products, commonly called vaping. **While this investigation is ongoing, consider not using e-cigarette products or vaping.** If you do use e-cigarette products and you experience symptoms such as cough, shortness of breath, chest pain, nausea, vomiting, diarrhea, fatigue, fever, or weight loss, seek medical care promptly. Regardless of the ongoing investigation, the CDC states:

- 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.
- 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.

More information can be found at [https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html) or by contacting the health department at 732-968-5151. 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.