

# Help Youth Stop Vaping Immediately



In order to protect the health of the public, the State of Oregon has temporarily banned the sale of all flavored vaping products, effective October 15, 2019. Oregon Health Authority recommends that everyone stop using vaping products immediately.

## What Can Parents, Educators and Others Who Support Youth Do?

- 1) **Talk with youth about vaping.** Visit [healthoregon.org/vaping](http://healthoregon.org/vaping) for tips.
- 2) **Watch for signs of vaping:**
  - Sudden changes in behavior or mood swings, beyond expected adolescent behavior.
  - Sweet or fruity smells on clothing or other personal items.
  - Physical symptoms, like frequent headaches and nausea.
  - Unfamiliar school supplies or tech products. Many vaping devices look like USB drives or other easy-to-conceal items.
- 3) **Encourage youth to seek medical attention** if they have been vaping and are experiencing shortness of breath, coughing or chest pain.
- 4) **Share these free, confidential, 24/7 resources to help youth quit:**
  - Text **DITCHJUUL** to 88709: Text-based, youth-focused support to quit nicotine vape.
  - **The Oregon Quit Line:** Phone, online and text counseling to quit nicotine and cannabis:
    - English: 1-800-QUIT-NOW (1-800-784-8669), [quitnow.net/oregon](http://quitnow.net/oregon).
    - Español: 1-855-DÉJELO-YA (1-855-335-35692), [quitnow.net/oregonsp](http://quitnow.net/oregonsp).
  - **Oregon's Drug and Alcohol Helpline:** Information and access to resources and treatment for alcohol or drug use. Call 1-800-923-4357 or text RecoveryNow to 839863.
- 5) **Get engaged with efforts to reduce youth tobacco and vape use for good.**

Many counties in Oregon are working on policies that would require tobacco retailers to have a license or bans on all flavored products. Find out what's happening in your county and how to get involved at [smokefreeoregon.com](http://smokefreeoregon.com).

## Why The Ban?

- Flavored vaping products (e-cigarettes) are the most commonly used tobacco product among youth, up 80 percent in the last two years. The Surgeon General calls this an **epidemic**.
- A month ago, the Centers for Disease Control and Prevention (CDC) started tracking cases of serious lung injury with one thing in common: vaping.
- There are more than 1,000 cases identified nationally, and most cases are among young people.