

# Vaping/E-Cigarette New Health Risk

## Brown Health Services Patient Education Series

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### What is the concern?

E-cigarette or vaping product use-associated lung injury (EVALI) is an acute or subacute respiratory illness that can be severe and life-threatening. Since first recognized during the summer of 2019, The Centers for Disease Control and Prevention (CDC) has advised complete avoidance of tetrahydrocannabinoid-containing e-cigarettes or vaping products. E-cigarette products refer to devices that use liquids, pods, or cartridges to deliver vapors commonly containing nicotine and flavorings and may also be used with marijuana or other substances. **We urge all Brown community members to avoid use of e-cigarette products due to this outbreak.**

- More than 2,000 cases of this lung illness including deaths have been associated with the use of e-cigarette products nationwide.
- The investigation is ongoing and a cause has not been identified
- All reported cases have a history of using e-cigarette products
- The illness is believed to be due to chemical exposure, not infection.
- If you use vaping/e-cigarette products avoid buying these products off the street, be careful not to purchase counterfeit pods and do not add any

substances that are not intended by the manufacturer.

Prior use of e-cigarettes without symptoms does not mean it is safe to continue use.

**Seek immediate medical assistance should you experience shortness of breath.** Inform your healthcare provider if you have been using an e-cigarette product so you can be thoroughly assessed.

We urge any individual having trouble discontinuing use of nicotine containing products to contact their health care provider for assistance, including [Health Services](#) for enrolled Brown Students. [Additional smoking cessation and resources are available from the RI Department of Health.](#)

### Symptoms of Lung Injury Reported by Some Patients in This Outbreak<sup>1</sup>

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

Some patients have reported that their symptoms developed over a few days, while others have reported that their symptoms developed over several weeks

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[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)

