

Across 49 states, nearly 2,000 cases of vape-related lung illness have been reported, including 37 deaths in 24 of those states.

Stay up-to-date on this investigation. Visit [cdc.gov](https://www.cdc.gov) and select *Healthy Living*, then *Smoking & Tobacco Use*.

Understanding E-Cigarettes

E-cigarettes—often called vape pens—come in many shapes and sizes. Users inhale an aerosol that contains nicotine, flavorings, chemicals, or marijuana, and other drugs. While less harmful than regular cigarettes, e-cigarettes are not considered safe, as they can contain harmful substances.

The Centers for Disease Control & Prevention (CDC) are investigating a recent outbreak of severe lung disease among e-cigarette users, including teens and young adults who were healthy before they started using e-cigarette products.

MVP encourages members to follow guidance from the CDC, which includes:

- Avoid using e-cigarette products while the CDC investigates this outbreak
- Youth, young adults, and women who are pregnant should never 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, do not buy them off the street
- Do not modify or add substances to e-cigarette products

If you do use e-cigarette products and experience any of the following symptoms, contact your doctor right away:

- Coughing
- Shortness of breath or chest pain
- Nausea, vomiting, or diarrhea
- Fatigue
- Fever
- Weight loss

Source: The Centers for Disease Control and Prevention.

For health concerns after using an e-cigarette product, call Poison Control at 1-800-222-1222.

Need help quitting? We can help.



MVP offers support and resources to help you quit smoking. Call the MVP Case Management team at **1-866-942-7966** to get started.