

City of Newton



Ruthanne Fuller  
Mayor

## HEALTH AND HUMAN SERVICES DEPARTMENT

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**Public Health**  
Prevent. Promote. Protect.

### Public Health Advisory: Outbreak of Serious Vaping Related Lung Illness

**September 10, 2019**

Public health officials are currently investigating a multistate outbreak of severe pulmonary disease associated with e-cigarette and marijuana vaping devices. As of September 6, 2019, more than 450 possible cases of lung illness have been associated with these products. Five deaths have been confirmed nationally. It is likely these illnesses and deaths were caused by a chemical exposure as evidence does not suggest infectious lung disease as the cause.

The Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA), along with state and local partners, are investigating. No one product or ingredient has yet been identified as the cause. Some associated products were bought via licensed retailers, others “off the street.” Some were modified by users and others were not. Some contained nicotine and others contained marijuana or related substances.

Newton Health and Human Services strongly urges residents to consider **not using any e-cigarette or vaping products** until more information has been determined.

Regardless of the ongoing investigation:

- [Youth and young adults should not use vaping products](#)
- [Women who are pregnant should not use vaping products](#)
- Adults who do not currently use tobacco products should not start using e-cigarette products.
- If you do use vaping products, do not buy these products off the street (for example, e-cigarette products with THC or other cannabinoids).
- Do not modify e-cigarette products or add any substances to these products that are not intended by the manufacturer.

#### Related Symptoms:

- Patients in this investigation have reported symptoms such as:
  - cough, shortness of breath, or chest pain
  - nausea, vomiting, or diarrhea
  - fatigue, fever, or weight loss
- Some patients have reported that their symptoms developed over a few days, while others have reported that their symptoms developed over several weeks.
- These symptoms can be acute and severe

If you experience any of these symptoms seek medical attention immediately.

CDC and FDA encourage the public to submit detailed reports of any unexpected health or product issues related to tobacco or e-cigarette products to the FDA via the online [Safety Reporting Portal](#).

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### Additional Resources:

- [Here is some information](#) to assist parents in starting a conversation about vaping products with their children.
- More information about this outbreak can be found here  
[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)
- Anyone attempting to quit smoking/vaping 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 health care provider.
  - Quit resources for adults: <https://smokefree.gov/>
  - Quit resources for teens: <https://truthinitiative.org/research-resources/quitting-smoking-vaping/quitting-e-cigarettes> <https://teen.smokefree.gov/>

More information regarding vaping and youth can be found here

[http://www.newtonma.gov/gov/health\\_n\\_human\\_services/public/tobacco\\_and\\_e\\_cigarettes.asp](http://www.newtonma.gov/gov/health_n_human_services/public/tobacco_and_e_cigarettes.asp)