

ATTENTION:

The Oregon Health Authority urges everyone to stop using all vaping products. State and federal officials are investigating the cause of serious lung injuries and deaths linked to the use of cannabis and nicotine vaping products.

People who have recently vaped and are short of breath, coughing or have chest pain should seek medical attention immediately.

READY TO QUIT?

The Oregon Quit Line provides free help 24/7:

- Call **1-800-QUIT-NOW** (1-800-784-8669) or visit quitnow.net/oregon
- Español: **1-855-DEJELO-YA** (1-855-335356-92) or quitnow.net/oregonsp

This is Quitting has text-based support for youth and young adults:
text **DITCHJUUL** to **88709**

For help quitting cannabis, call Oregon's Drug and Alcohol Helpline at 1-800-923-4357 or text **RecoveryNow** to **839863**.

For more information, visit: healthoregon.org/vaping

You can get this document in other languages, large print, braille or a format you prefer. Contact Oregon Health Authority Director's Office at 503-947-2340 or email OHADirectorsOffice@state.or.us. We accept all relay calls or you can dial 711.