



January 13, 2020

Dear Parent(s)/Guardian(s),

As you may have heard, there has been an outbreak of lung disease connected to e-cigarette use, or vaping, in many states across the country, including Delaware. Here are some resources about the risks of vaping and how you can protect your children's health.

What are e-cigarettes?

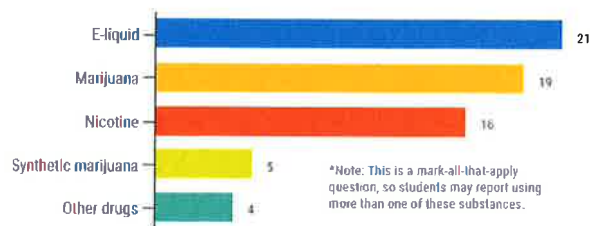
Electronic cigarettes ("e-cigarettes") are devices that have nicotine, flavorings, and other chemicals. E-cigarettes may also contain THC, a substance found in marijuana. They come in many shapes and sizes.



What is vaping?

Most students agree that vaping presents a moderate to great health risk.

What are students consuming in vaping devices? (%)*

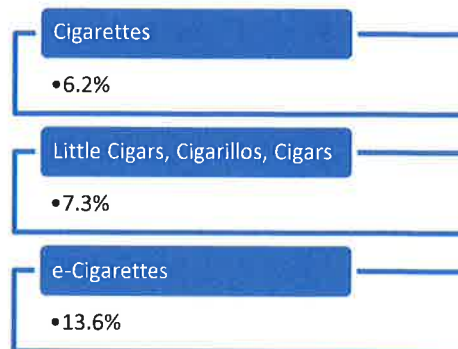


Source: 2019 Delaware School Survey of Eleventh Grade Students

“Vaping” is the act of inhaling the vapor from an e-cigarette. It is most commonly associated with the use of nicotine in e-cigarettes like vape pens and personalized vape devices called ‘MODS’. Vaping can refer to using e-cigarettes to inhale many substances including nicotine, and THC or CBD oils. Most people who vape, or vapers, use e-liquids. However, waxy concentrates and dry herb can also be vaped.

How common is vaping in students?

In Delaware, **13.6 percent** of high school students reported using e-cigarettes in the past month and approximately 38% reported trying e-cigarettes according to a 2017 youth survey. It is currently illegal for stores in Delaware to sell e-cigarettes and vape products to people under the age of 21.



Source: 2017 Delaware Youth Risk Behavior Survey

What do we know about the severe lung illness?

As of **December 27, 2019**, 2,561 cases of e-cigarette, or vaping, product use associated lung injury have been reported to the Centers for Disease Control and Prevention (CDC) from all fifty states, the District of Columbia, and 2 U.S. territories. Fifty-five deaths have been confirmed in 27 states and the District of Columbia. The CDC continues to work closely with the Food and Drug Administration (FDA), states, public health partners, and clinicians on this investigation. The CDC provides [updates](#) every Thursday.

If your teen vapes or uses e-cigarettes and experiences coughing, shortness of breath, chest pain, nausea or fatigue, they should see a doctor immediately.

- Talk with your child or teen about vaping. Find the right moment: Rather than saying, “We need to talk,” you might ask your teen what they think about vaping, or about advertisements for e-cigarettes on the internet or in your community. If your children are not vaping, encourage them not to start.
- Teens can call the Delaware Quitline at 1-866-409-1858, visit QuitSupport.com or talk with a health care provider.

For additional information and resources to help you understand the health risks of e-cigarettes and the developing outbreak, visit the Division of Public Health’s website:

<https://dhss.delaware.gov/dhss/dph/index.html>

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