

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**.

The sale of flavored vaping products is temporarily banned in Oregon, effective October 15, 2019 (Executive Order 19-09). This includes flavored e-cigarettes and vape pens with nicotine or cannabis.