

September 17, 2019

Dear Parents,

Sierra County's Public Health Officer, Dr. Celia Sutton-Pado, urges you to follow the American Lung Association's guidance: "Vaping Products (E-cigarettes) are not safe and can cause irreversible lung damage and lung disease". No one should vape or use any other tobacco product. Vaping products contain chemicals harmful to lungs such as heavy metals, carcinogens, vegetable glycerin and propylene glycol. The developing lungs of youth are more at risk, making what the Surgeon General refers to as a youth vaping epidemic even more alarming.

The Centers for Disease Control and Prevention (CDC), State and local health departments are conducting an investigation of the cluster of vaping-related illnesses. There have been 7 vaping-related deaths and more than 380 cases of adults and youth experiencing vaping-related illness across 36 states.

ALA recommends anyone who has recently used vaping products to seek immediate medical care if they experience any adverse health effects, particularly coughing, shortness of breath or chest pain. FDA has not found any vaping product to be safe and effective in helping smokers quit.

To protect public health and end the youth vaping epidemic, ALA, CDC and Dr. Sutton-Pado strongly urge the FDA to immediately begin using its authority to fully regulate vaping products, end the sale of all flavored tobacco products and end marketing practices that target and enhance the appeal of vaping products to youth."

Learn more about Vaping at <https://www.Lung.org/ecigs> or <https://www.cdc.gov/tobacco>

Sincerely,

Dr. Celia Sutton-Pado, Sierra County Public Health Officer