

OCTOBER 2019

QUIT BRIEF



CDC HEALTH ADVISORY FOR E-CIGARETTE USERS

As of September 19, 2019, there were seven confirmed deaths and 530 confirmed and probable cases of lung illness associated with e-cigarette use. The cases have been reported by 38 states and the U.S. Virgin Islands, and the number is expected to grow as additional reports are currently under investigation. The Centers for Disease Control and Prevention (CDC) advises against any e-cigarette use while the investigation is ongoing. Here is what you and Service members need to know:

- Encourage Service members who vape to seek medical attention if they experience symptoms such as:
 - › Cough, shortness of breath or chest pain
 - › Nausea, vomiting or diarrhea
 - › Fatigue, fever or weight loss
- Symptoms may surface a few days to several weeks after e-cigarette use.
- E-cigarette users should never buy products like pods and e-liquids off the street.
- E-cigarette users should never modify or add any substances to e-cigarette products that are not intended by the manufacturer.

If Service members frequently use e-cigarette products, encourage them to consider [these resources for quitting devices like JUUL](#) or check out [quick tips for your vaping quit day](#). For more information, check out the [CDC health advisory](#) on lung illness and the [Surgeon General's Advisory](#) on e-cigarettes.

DUE TO SAFETY CONCERNS, ARMY, AIR FORCE AND NAVY EXCHANGES ARE REMOVING E-CIGARETTES AND VAPING PRODUCTS FROM STORES AND CONCESSIONAIRES BY OCT. 1.

The Campaign

SmokefreeMIL Texting Program Update

The Smokefree.gov SmokefreeMIL texting program has been retired. If you or other health professionals have been promoting the SmokefreeMIL texting program to Service members, please redirect them to these [texting programs](#) instead.

The Latest In Tobacco



October is Women's Health Month. If Service members or their spouses are thinking about getting pregnant or are already pregnant, remind them that any tobacco use, including e-cigarette use, during pregnancy negatively affects fetus development. Remind them it's never too late to quit tobacco, as quitting at any point during pregnancy is beneficial to you and your baby.

Encourage Service members to quit tobacco during November's Tobacco Cessation Month and get involved in the [Great American Smokeout \(GASO\)](#) events on Nov. 21. [Order YouCanQuit2 print and promotional products](#) to support these events. Quitting is hard, but together, it is possible.

YOU CAN QUIT 2

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Share how you use our resources to promote tobacco cessation on your installation.

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