



ALPINE THREADS

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Special Edition

Community and Family Life in the California Alps

Holiday 2019

California Department of Public Health [Health Advisory – September 24th, 2019]

VAPING RELATED LUNG ILLNESS: A Summary of the Public Health Risks and Recommendations for the Public

This health advisory seeks to inform the public about the imminent public health risks posed by vaping any product, including the use of electronic cigarettes (e-cigarettes), as vaping has recently been linked to severe breathing problems, lung damage, and even death.

Vaping is inhaling aerosol from an e-cigarette or other vaping device that heats a liquid that can contain nicotine, marijuana (THC), cannabidiol (CBD) or other substances. The shapes and sizes of these devices vary and include colorful vape pens, modified tank systems, new pod-based devices that can look like USB flash drives, cell phones, credit card holders, and highlighters. These devices are frequently referred to as e-cigarettes, e-cigs, vapes, vape pens, electronic vaporizers, pod mods, or pod systems.

The California Department of Public Health (CDPH) urges everyone to refrain from vaping, no matter the substance or source, until current investigations are complete. Since June 2019, CDPH has received reports that 90 people in California who have a history of vaping were hospitalized for severe breathing problems and lung damage, and two people have died. Across the U.S., there are over 500 reports of lung damage associated with vaping across 38 states and 1 U.S. territory, and more reports are coming in nearly every day.

CDPH, along with other states, the Centers for Disease Control and Prevention (CDC), the U.S. Food and Drug Administration (FDA), local health departments, and healthcare providers are working hard to investigate what is in the vape materials that is making people sick.

Although CDPH regulates manufacturers of cannabis vaping products to ensure they are as safe as possible for those who choose to vape, CDPH warns that individuals put themselves at risk any time they inhale a foreign substance into their lungs. The risk of vaping now includes death. CDC continues to warn that any tobacco product use, including e-cigarettes, is unsafe, especially for youth, pregnant, and breastfeeding women.

Sudden lung damage from vaping is a new health problem.

We are learning from this investigation that lung damage can happen very suddenly to people who vape, including people who have not been vaping for a long time, and young, healthy people who do not have lung disease or other health problems. This is different from most other health issues caused by vaping and smoking, which happen over a long time and can be worse in people who have other medical conditions. Additionally, most patients do not have a recent history of smoking regular cigarettes, suggesting these lung issues are exclusively related to vaping. Many types of vape products may be causing the lung damage from vaping.

Almost all people with lung damage from vaping say that they vaped or “dabbed” the cannabis products THC and CBD in cartridges, waxes, oils, and other forms. Some people report vaping only nicotine. Many people report vaping a combination of both nicotine and cannabis products. The investigation is still in process, but the one thing that people with the lung illness have in common is a history of vaping.

County health departments are contacting the people who had lung damage from vaping to find out which products they used, where they purchased the products, and to collect their vape products to test for harmful ingredients.

The government does not ensure the safety of vaping devices through regulation. In California, licensed cannabis retailers are required to sell products obtained from a licensed cannabis manufacturer that have been tested by a licensed laboratory.

(Continued page 4)





GREAT AMERICAN SMOKEOUT®

November 21st is the Great American Smokeout®!

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout® event on November 21st be your day to start your journey toward a smoke-free life. The American Cancer Society can help you access the resources and support your need to quit.

Quitting starts here.



Risks of Vaping

Community Education Night

**Wednesday, October 16th
5:30pm - 7pm**

Diamond Valley Elementary School

ALL AGES WELCOME
Light snacks and refreshments will be served.

- **What is vaping and what are the risks?**
- **How to talk to teenagers about vaping**
- **Update on the national vaping associated illness outbreak**



Meet Nora



The Alpine County Health Department is pleased to welcome Nora Esders to the Tobacco Control Program!

Nora began work with the Tobacco Control Program as a public health educator in July 2019 after the position was vacant for nearly two years. Prior to this position, she completed an internship with the Washoe County Health District in Reno, NV where she worked to promote tobacco-free multiunit housing and college campuses. She received her B.S. in Community Health Science from the University of Nevada Reno.

Nora is a Lake Tahoe native and loves all things outdoors so she is excited for the opportunity to work in beautiful Alpine County. In her free time, you can find her paddle boarding, hiking, or at home with a book and her cat, Britches. She looks forward to applying her passion for public health to improve the lives of Alpine County residents and visitors.

HAPPY FALL IN ALPINE COUNTY



The Aspen leaves are becoming golden, so it's time to think about the Holidays! Alpine County Health and Human Services and the Alpine County Child Abuse Prevention Council will once again be providing holiday food bags to those in need in our community. Once the food needs are met, we also like to provide a holiday gift to the children. Donation of cash or gifts are gratefully accepted at the Health & Human Services office in Woodfords. Look for the Holiday Giving Trees that will be up at various locations around the County.

Applications for a Holiday or Kitchen food bag will be available at the Health & Human Services front desk, as well as the Behavioral Health front desk, the Fire Station at Hung-A-Lel-Ti, and the library in Bear Valley on November 1st. Please return all applications to HHS by Friday, December 6th. The distribution will take place on December 20th.

Please call the Health & Human Services office at 530.694.2235 with any questions you may have.



Holiday Giving Trees

Alpine County's Child Abuse Prevention Council and Health & Human Services are preparing Holiday food bags and gifts for Alpine County families in need of a little extra help this time of the year.

We are once again asking the Alpine County community to donate and help make a difference.

Giving Trees will be set up at various locations around the county in early November. **Please visit one of these locations to select an ornament from the tree.** All ornaments have giving suggestions listed on back.

TREES ARE LOCATED AT :

- Markleeville Library
- Bear Valley Library
- Alpine Co. Administration
- Alpine Co. Behavioral Health
- Alps Haus Cafe
- Mad Dog Café/Woodfords Stn

PLEASE DELIVER/SEND YOUR CASH OR GIFT DONATIONS TO:

Alpine Co. Health & Human Services
75 A Diamond Valley Road ~ Markleeville, CA 96120
by Wednesday, December 4th, 2019

GIFTS CAN ALSO BE PURCHASED ONLINE AT:

https://www.amazon.com/hz/wishlist/lz/119HM2NOQ7I5C/ref=nav_wishlist_lists_3?_encoding=UTF8&type=giftlist

Call 530.694.2235 with questions or for additional information.



Cannabis products sold by licensed sources are tested for a variety of chemicals, pesticides, microbial impurities, and heavy metals. Illegal cannabis dispensaries sell unregulated and untested cannabis products and absolutely should not be used.

People are hospitalized with breathing problems and other symptoms.

People with lung damage from vaping typically have symptoms that start a few days to a few weeks before they go see a doctor. All people hospitalized developed some type of breathing problems, but many people also have other symptoms. The symptoms reported by those who have gotten sick are:

- Breathing symptoms: trouble catching their breath, coughing, chest pain
- Gastrointestinal symptoms: nausea, vomiting, diarrhea, abdominal pain
- Non-specific symptoms: feeling tired, fever, weight loss

These symptoms are very similar to having a lung infection like pneumonia or bronchitis, so it can be hard to tell if the symptoms are from an infection or vaping the first time someone sees the doctor. There is no test that a doctor can do to know that breathing problems are from vaping right away. Laboratory blood tests and an x-ray or CT scan of the lungs may be necessary.

People with vaping-related lung disease are usually admitted to the hospital because of their breathing problems.

- Teenagers and young adults make up almost half of the people hospitalized with breathing problems from vaping in California.
- 30% of people hospitalized in California had to be treated with a mechanical ventilator, or “life support,” in the intensive care unit (ICU).

Be Aware That Your Child’s Respiratory Issues Could be Related to Vaping

Parents should be aware that numerous cases involve children under age 18. Parents in particular should be aware that e-cigarettes and vaping devices are available in more than 15,000 flavors that may be attractive to children, such as mango, bubble gum, unicorn poop, mint. The secondhand aerosol typically smells sweet so it can be hard to detect. Be aware of the symptoms in case your middle or high school child develops symptoms, and seek medical attention.

No one knows yet why this lung damage is happening from vaping.

There are many different possible ingredients added to cannabis and nicotine to make the cartridges, waxes, and oils used for vaping. Multiple people who were diagnosed with lung damage from vaping say that they received the cannabis products from unlicensed smoke shops or individuals. Vape products sold by unlicensed retailers are not tested and can contain harmful ingredients. We do not know yet if all of the people in the country with this illness use the same vape products, or if the products were contaminated with the same substance.

The long-term effects of vaping are still unknown, but these short-term effects are alarming.

Recommendations for the Public

1. CDPH urges everyone to quit vaping altogether, no matter the substance or source. For those who continue, you are urged to avoid buying any vaping products on the street and never modify a store-bought vape product.
2. If you, or your child, have vaped at all in the past few months and are having new problems with breathing or other symptoms, you should seek medical care immediately and tell your healthcare provider about your history of vaping.
3. If you decide to stop vaping, do not replace vaping with smoking combustible cigarettes. Ask your doctor for FDA-approved quitting treatments.

For additional information, please review the CDC’s recommendations about the vaping-related lung injuries.

Alpine Threads is brought to you by Alpine County Tobacco Control, a Prop 99 funded program.

ALPINE THREADS

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Phone: (530) 694-2146

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Alpine County Community

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