



THE VAPING CRISIS

AND PROTECTING YOUR CHILD

There seems to be daily news stories about the vaping-related outbreak of severe lung illness. The reports are frightening – especially when they concern young people. This is an opportunity to talk to your child, share the facts, and empower them to protect themselves.

SHOULD YOU BE CONCERNED ABOUT YOUR CHILD?

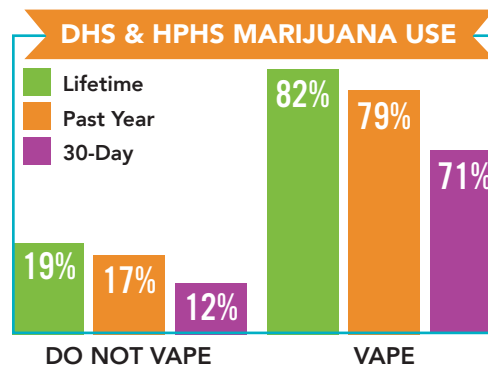
The good news is that most DHS & HPHS students do NOT vape (77%) and do not use marijuana (76%). That said, more than 1 in 5 have said they do. The older your student, the more likely they may have vaped. Only 9% of District 113 freshmen reported vaping compared to 22% of sophomores, 27% of juniors and 36% of seniors.

Regardless of the numbers, the best way to gauge the risk is to talk to your child about vaping. A good way to start is to ask what they have heard in the news, what they think about vaping in general, and if they know anyone who vapes. That gets the conversation going and helps them

open up. The best approach is to share your concerns, that you care, and that you want them to have the facts to make the best choice for themselves. While it is tempting to use this crisis to scare your child into not vaping, research shows that usually has the opposite effect among teens. Tell them the facts without exaggerating and stress that the choice is ultimately theirs. You can also offer to help your teen role play a conversation with a friend that they may be concerned about. For tips on how to talk to children of different age groups, see CTAD's resource guide on the parent resources page. This page also includes fact sheets about vaping.

IF YOU SUSPECT YOUR CHILD MAY VAPE:

Dig a bit deeper and also ask about marijuana. Because most cases have been linked to vaping THC, those who vape marijuana are at increased risk. As seen on the graph, 4 out of 5 HPHS & DHS students who report vaping have also tried marijuana. In addition, most students who report using marijuana say that they vaped it. If your child mentions they tried vaping, but assures you they only vaped nicotine, be persistent. Assure them you are asking because of your love for them and praise good decisions and positive choices.



Source: Illinois Youth Survey, March 2018, conducted with 2,793 DHS & HPHS students. Vaping status determined by students' report of non-use of use in the previous 30 days.

THE FACTS: (as of 1/21/20)

- 2,711 confirmed cases of EVALI severe respiratory illness linked to vaping in 50 states
- 60 deaths in 27 states, including Illinois
- 15% of cases involve someone under 18 and 37% are between 18 – 24 years old
- Symptoms include: cough, shortness of breath, chest pain, nausea, vomiting, diarrhea, fatigue, fever or abdominal pain
- No product, device, ingredient, additive or substance has been identified in all cases
- 82% of cases involve THC from marijuana, and 22% involve THC from a legal store
- For the most up-to-date information on this crisis, visit the CDC webpage on this outbreak.

If your child vaped and has any symptoms listed above, contact a health care provider or call the poison control center at 800-222-1222.

CDC webpage: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html

Community - The Anti-Drug (CTAD) Coalition is a 501(c)3 nonprofit working to reduce alcohol, marijuana, and other drug use among youth in Bannockburn, Deerfield, Highland Park, Highwood & Riverwoods.