



MARYLAND  
Department of Health

**Lung Illness Associated with E-Cigarette Use**  
**Frequently Asked Questions**

**1. What are the symptoms of this lung illness?**

Respiratory symptoms reported some by patients include:

- shortness of breath,
- chest pain,
- pain on breathing,
- wheezing,
- cough, and
- coughing up blood.

Other symptoms reported include:

- fever,
- chills,
- nausea,
- weight loss,
- vomiting,
- diarrhea, and
- abdominal pain.

Different patients have experienced different combinations of symptoms.

**2. I used an e-cigarette or vape, and now I feel sick. What should I do?**

If you used an e-cigarette or vape product in the past weeks or months, and you are having trouble breathing, you should seek immediate medical attention.

**3. Which e-cigarette or vape products are making people sick?**

People who became ill reported using a range of products, including marijuana- or THC-containing products, and nicotine-containing products. At this time, the cause of this illness is not known, and has not been linked to any particular device, substance, or brand.

**4. Which e-cigarette products are safe to use?**

People who became ill reported using a range of products, including marijuana- or THC-containing products, and nicotine-containing products. E-cigarettes are not currently regulated by the FDA and, according to CDC, e-cigarettes are generally not safe for youth, young adults, or pregnant women, or for any adults who do not currently use tobacco. The best way to keep yourself safe is to not use e-cigarettes or vape products.

**5. I want to stop using e-cigarettes, but I can't. What should I do?**

If you have been using e-cigarettes and want to stop, we want to help: call 1-800-QUIT-NOW. Trained professionals are available 24/7 to help you stop vaping or smoking.

**6. I'm a former cigarette smoker, and I use e-cigarettes to help me stop smoking. What should I do?**

Do not start smoking cigarettes again. The FDA has approved several nicotine replacement therapy (NRT) products that have been shown to safely help smokers quit and help with nicotine withdrawal. Use these products instead of vaping to help you stay quit. Free nicotine patches, gum, and lozenges can be mailed directly to you through the Maryland Tobacco Quitline, 1-800-QUIT-NOW, and every local health department in Maryland offers tobacco treatment to help with quitting. If you are currently using e-cigarettes or have used them in the past and are experiencing breathing problems or other symptoms listed on [our website](#), seek immediate medical attention.