



## What You Need To Know About Vaping-Related Lung Illness



Health officials are investigating more than 1,000 confirmed and probable cases of pulmonary illness in the U.S related to vaping and e-cigarette products. More than two dozen people have died with the youngest being just 17 and the oldest being 75 years old. Surprisingly, one third of those who have died have been under 21 years old. Doctors and health officials are urging people to stop vaping until more is known about the respiratory

illness. Here are 4 must-know items about vaping.

### **What Vaping Product is Involved?**

There is no single vaping or e-cigarette device. According to the recent investigation, most patients say they vaped products containing THC, the high-producing ingredient in marijuana. Others say they have vaped both THC and nicotine.

### **What Are The Symptoms?**

According to recent news reports, patients are coming into hospitals with coughs, chest pains, shortness of breath, and fatigue. Imaging test show lung injuries.

### **How Serious Are These Illnesses?**

Many of the reports involve severe, life-threatening illnesses from previously healthy people. Many patients must receive oxygen and some require breathing machines. Antibiotics do not work, and it is unknown as to what other medical procedures might help.

### **What's The Best Advice Right Now?**

Health officials are urging people to stop vaping, particularly products that contain THC, and to get medical care if they have trouble breathing or chest pain after vaping.

For more information about vaping prevention please visit [fhcoalition.org](http://fhcoalition.org)

Most importantly, don't forget to talk with your children or grandchildren about these important subjects. [Click here](#) for tips to talk to your teen about vaping, alcohol, prescription drugs and/or marijuana. Know a child that is already vaping or using



## Above That and Above That 2 Kicked Off Last Month!!

The Above That Clubs kicked off for middle and high school students! We are excited for a great year, where topics to be discussed include, dealing with stress, vaping, mindset growth, distracted driving and more! Thank you to Mr. Keating, Ms. Schultz and Boys and Girls Club for helping to provide a great environment for the kids in our community!



## Bee Strong Assembly at Elementary School Has Kids Showing Off Their Shield!

As part of Red Ribbon week, 2nd and 3rd graders at McDowell Mountain Elementary School participated in the Bee Drug Free Activity. The students learned how long ago shields were used as protection and to keep them safe. The students then drew pictures of people or things in their lives that they can turn to when they need help or protection. Students proudly showed off their artistic shields and explained to fellow students what makes them feel special, strong and "proud to Bee me."





## Tips on Keeping Halloween Safe For All Ages!

For young children, Halloween night is one of the best of the year. But trick-or-treating can be dangerous if kids and parents aren't careful. Take a look at some vital trick-or-treating tips before you accompany your child.



### Before Eating Treats:

- Have your child wait until you've inspected his/her treats before they eat them.
- Discard anything slightly or not completely wrapped.
- If your child is allergic to nuts, check all treats carefully before he/she digs in.
- Kids under four shouldn't have popcorn or hard candy -- both are choking hazards.

### While Trick-Or-Treating:

- Make your child easy to see by adding reflective tape or stickers to their costume.
- See if neighbors will be home while it's still light out, and visit houses then if they're ready for trick-or-treaters.
- Give your child a flashlight with fresh batteries.

## Rx Take Back Day is October 26th!

Come join us for the National Rx Take Back Day Saturday October 26th! The take back day provides a safe and convenient way to dispose of unused, expired or unwanted medications.

The Fountain Hills Youth Substance Abuse Prevention Coalition partners with the Fountain Hills Sanitary District and Maricopa County Sheriff's Office to orchestrate the town's take back event.

dispose  
unused  
Rx

PROTECT OUR KIDS AND THE ENVIRONMENT

got expired, unwanted, unused medication?  
Don't Rush It!

NATIONAL PRESCRIPTION DRUG  
take back DAY

October 26 10am to 2pm

Turn in your unused, unwanted or expired pills for safe disposal.  
Fountain Hills Town Hall Lobby - Next to MCSO - 16705 E. Avenue of the Fountains  
Please do not drop off sharps, liquids or creams.

FHCoalition.org



Tips for Take Back Day - You can leave pills in their packaging or containers and you can use a sharpie to black out any personal information. Another option is to put pills in a Ziploc bag. No sharps, liquids or creams should be dropped off for this event. The event runs from 10am to 2pm