



E-CIGARETTES ARE NOT OUR TRADITION

E-cigarettes- vapes -are battery-powered commercial tobacco products that deliver nicotine, flavorings and other harmful products in the form of an aerosol.

YOUTH AND E-CIGARETTES

There is no research that proves e-cigarettes are less harmful than conventional cigarettes. Youth and young adults are more likely than any other age group to use e-cigarettes, with roughly 1.5 million more students using them in 2018 than in 2017.

E-cigarette manufacturers like JUUL use predatory marketing strategies that intentionally target young audiences. Ads often appear across popular social media platforms, where youth frequently scroll past them while checking their feeds.

E-cigarette use puts young people at greater risk for long-term nicotine addiction and conventional commercial tobacco use.

TYPES OF E-CIGARETTES

E-cigarettes are available in many shapes and sizes, and thousands of flavors and can look similar to cigarettes, cigars, pipes, pens, or USB flash drives.



ARE E-CIGARETTES SAFE?

The long-term effects of e-cigarettes are unknown. However, e-cigarettes deliver high concentrations of nicotine, with one JUUL pod holding the same amount of nicotine as 20 conventional cigarettes. E-cigarettes have also caused unintended injury through fires, explosions, and acute nicotine exposure. In addition, children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.

► Brain development effects

Nicotine exposure during adolescence impacts the parts of the brain that control attention, learning, mood, and impulse control.

► Fetal development

Nicotine is toxic to developing fetuses and impairs fetal brain and lung development.

► Potential for increases in conventional cigarette use

Youth who use e-cigarettes are more than 4 times as likely to begin smoking commercial cigarettes within 18 months compared to their peers who do not use e-cigarettes.

► Secondhand emissions

E-cigarette emissions are not water vapor. These aerosol clouds can contain heavy metals, ultrafine particles, and cancer-causing agents - long-term effects of secondhand exposure to e-cigarette aerosol are not well known.

► Lung Injury

E-cigarette use has been linked to severe lung injury that has led to hospitalizations and even death. Patients reported shortness of breath, chest pain, nausea, vomiting, abdominal pain, fever, chills, and weight loss. Please see a healthcare provider immediately if these symptoms develop with e-cigarette use.

E-CIGARETTES AND QUITTING

E-cigarettes are not proven effective for commercial tobacco cessation. There are several other proven safe and effective treatments and medications currently available. If you or a loved one are ready to quit using commercial tobacco, talk with your healthcare provider about quitting using proven methods and FDA-approved treatments and counseling.

► FDA-approved cessation methods:

- Patches, gums and lozenges
- Medications: Zyban, Wellbutrin, Chantix
- Nasal spray & inhaler
- Counseling & behavioral therapies

THINKING ABOUT QUITTING E-CIGARETTES?

Learn more about quitting e-cigarettes at **This Is Quitting** (truthinitiative.org/thisisquitting), a free, mobile program designed to help young people quit vaping. If you are a parent of a child who vapes and are interested in learning more about this program, visit **BecomeAnEx** (becomeanex.org/ex-resources/how-to-help-someone-else-quit/help-a-child-quit-vaping) for resources and advice to help your child quit.



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