

# E-CIGARETTES: What You Need to Know About Vaping

1

Electronic cigarettes are battery-operated devices which produce an aerosol vapor that is inhaled.

2

Known as vape pens, e-cigs, mods, or by a common brand name, Juul®.

3

They can look like regular cigarettes, USB sticks, pens, or other everyday items. They can easily be hidden.

4

E-cigarettes are a form of smoking.

## E-CIGARETTES CAN CONTAIN:



High levels of nicotine

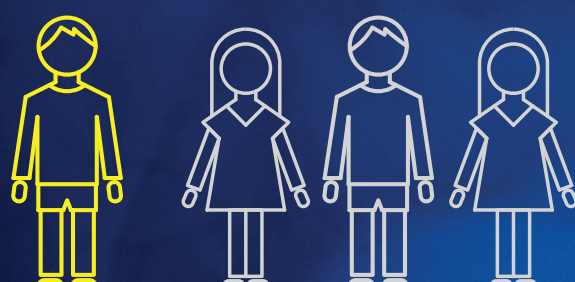


Cancer-causing chemicals



Heavy metals, such as nickel, tin and lead

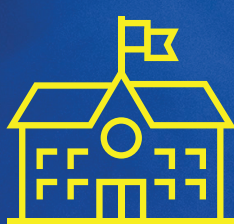
## NUMBERS TO GASP AT:



**1 in 4** N.Y. high school students said they vaped in 2018.

## An epidemic in the U.S.:

More than **3.6 million** middle and high school students said they vaped in the past 30 days.



**Most commonly** used tobacco product among high school students.



## E-CIGARETTES ARE NOT HARMLESS:

It is unsafe for young people to use any product containing tobacco or nicotine. Some e-cigarette cartridges have higher levels of nicotine than a pack of cigarettes.

### Nicotine:

Causes addiction

Harms the developing brain

Affects memory and attention

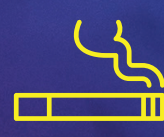
## E-cigarette use among young people may:



Lead to chronic cough, bronchitis, and wheezing



Increase heart rate and blood pressure



Increase the likelihood of smoking cigarettes

SCIENTISTS **DON'T KNOW** ALL OF THE LONG-TERM SIDE EFFECTS OF E-CIGARETTES.

E-cigarettes are not approved by the FDA as a method to quit smoking. Use only FDA-approved methods to quit smoking.

## For help with quitting:



Talk with your doctor

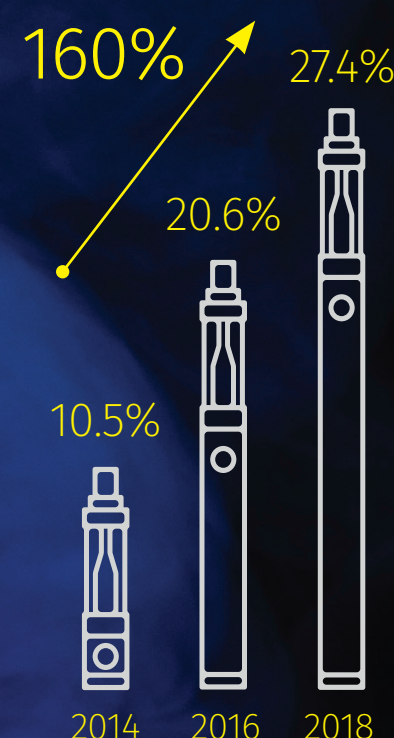


Call the New York State Smokers' Quitline at 1-866-NY-QUITS



Visit [SmokeFree.gov](http://SmokeFree.gov)

## TRENDS IN E-CIGARETTE USE AMONG HIGH SCHOOL STUDENTS IN N.Y.



## E-CIGARETTES ARE TARGETED TO YOUTH



Appealing flavors



Widely promoted through social media, TV



Easy to get

To learn more, visit [combataddiction.ny.gov/teenage-vaping](http://combataddiction.ny.gov/teenage-vaping) or [cdc.gov/tobacco](http://cdc.gov/tobacco)