

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®.

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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.

NUMBERS TO GASP AT:



1 in 5 U.S. high school students said they vaped in 2020.

An epidemic in the U.S.:

3.6 million middle and high school students said they vaped in 2020.



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

E-CIGARETTES CAN CONTAIN:



High levels of nicotine

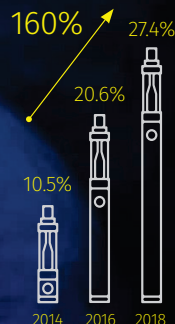


Cancer-causing chemicals



Heavy metals, such as nickel, tin and lead

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 or cdc.gov/tobacco

