

KNOW THE FACTS ABOUT VAPING & E-CIGARETTES



ARE E-CIGARETTES SAFER THAN SMOKING?

- E-cigarettes are not harmless, and complete cessation from all tobacco products is the healthiest choice.
- Many people use e-cigarettes to help them quit smoking, but they are not approved as smoking cessation devices by the FDA.
- The long-term health effects of e-cigarettes are unknown.



WHAT'S ACTUALLY IN AN E-CIGARETTE?

- The liquid in e-cigarettes contains nicotine and can lead to dependence.
- It is not established if the flavorings and additives in e-liquid (like propylene glycol and glycerol) are safe for inhalation.
- E-cigarette products bought "off the street" may be adulterated or altered, meaning they may contain unknown ingredients and cause additional adverse health effects.

YOUTH AND YOUNG ADULTS

E-cigarette use among young adults (18-24):



21.1% of those who currently smoke



36.5% of those who used to smoke



4.6% of those who have never smoked

Among middle and high school students, **3.6 million** were current users of e-cigarettes in 2020.

Youth and people who are pregnant should not use tobacco products of any kind, including e-cigarettes.

QUITTING



Start by making a quit plan and setting a quit date.



Call 1-800-QUIT-NOW or text QUIT to 47848 for more resources.



Consider trying nicotine replacement therapy products.