



E-cigarettes/Vapes Get the Facts!

What are e-cigarettes/vapes?

Devices that allow users to inhale an aerosol, not water vapor, containing nicotine and other harmful substances. The aerosol is a combination of liquid with very small, solid particles mixed in, many of which are unsafe. E-cigarettes/vapes are also available as vape pens, hookah pens, e-hookahs, vaporizers, e-cigars, e-pipes. Some devices look like pens or even USB flash drives (JUUL).

What is in e-cigarette/vape aerosol?

Contained in the aerosol that users breathe from the device and exhale are harmful substances such as nicotine, ultrafine particulates, flavoring chemicals, heavy metals (nickel, tin, lead), and cancer-causing agents. Aerosol from e-cigarettes/vapes is another form of secondhand smoke. E-cigarettes do not emit water vapor.

What is Secondhand Smoke (SHS)?

This is smoke from both burning tobacco and all other nicotine products, such as e-cigarettes.

What health effects does SHS have on children?

In children, SHS causes ear infections, bronchitis, and pneumonia. It also triggers asthma attacks and respiratory symptoms such as coughing, sneezing, shortness of breath.



Can e-cigarettes/vapes be used to quit smoking?

E-cigarettes/vapes are not an approved smoking cessation aid by the Food and Drug Administration (FDA). There are only seven approved cessation aids: patches, gum, lozenges, inhaler, nasal spray, Chantix (varenicline), and Wellbutrin/Zyban (bupropion).

Choose ONE Step to Begin Protecting Your Loved Ones from SHS Exposure

- Smoke outside, away from windows and doors
- Do not allow smoking at any time where kids will be (home, car, etc.)
- Teach children how to stay away from secondhand smoke
- Role-model a tobacco and smoke-free lifestyle
- Implement a smoke free house/property policy
- Seek restaurants/organizations that are smoke-free (a non-smoking section does not count)
- Quit smoking



Bottom Line: E-cigarette/vape aerosol is NOT harmless “water vapor” and is NOT as safe as clean air.