

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, and pod-based systems. Some devices look like pens or even USB flash drives (JUUL).⁽¹⁾

What is in e-cigarette/vape aerosol?

Harmful substances such as nicotine, ultrafine particulates, flavoring chemicals, heavy metals (nickel, tin, lead), and cancer-causing agents are contained in the aerosol that users breathe in from the device and exhale. Aerosol from these devices is like secondhand smoke.⁽²⁾

Can e-cigarettes/vapes create secondhand smoke (SHS)?

SHS is smoke from the burning end of tobacco products (cigarettes, cigars, pipes, etc.) and the smoke exhaled from the use of these products. E-cigarettes/vapes emit secondhand aerosol which is what the smoker exhales after using the device. This aerosol contains many of the same harmful chemicals as SHS.⁽²⁾



What health effects does secondhand aerosol (SHA) have on children?

It is known that SHA and SHS have similar toxic chemicals. SHS can lead to ear infections, bronchitis, and pneumonia in kids. It also triggers asthma attacks and can lead to coughing, sneezing, and shortness of breath.⁽³⁾

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).⁽¹⁾ There are only seven approved cessation aids: patches, gum, lozenges, inhaler, nasal spray, Chantix (varenicline), and Wellbutrin/Zyban (bupropion).

Take ONE Step to Protect Your Loved Ones from SHS Exposure⁽⁴⁾

- Smoke outside, away from windows, doors, and children
- Don't allow smoking at any time or place children will be present (home, car, etc.)
- Teach children how to stay away from secondhand smoke
- Model a tobacco and smokefree lifestyle
- Implement a smokefree house/property policy
- Be honest with young people about how difficult it is to quit smoking and encourage them not to start



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

⁽¹⁾ Centers for Disease Control and Prevention "About Electronic Cigarettes (E-Cigarettes)." Retrieved from: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html

⁽²⁾ Centers for Disease Control and Prevention "Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults." Retrieved from: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html

⁽³⁾ Centers for Disease Control and Prevention "Secondhand Smoke (SHS) Facts." Retrieved from: https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm

⁽⁴⁾ Centers for Disease Control and Prevention "2006 Surgeon General's Report - How to Protect Yourself and Your Loved Ones from Secondhand Smoke." Retrieved from: https://www.cdc.gov/tobacco/data_statistics/sgr/2006/pdfs/protect-from-shs.pdf