

E-CIGARETTES: What You Need to Know About Vaping

1

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

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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.

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E-cigarettes are a form of smoking.

E-CIGARETTES CAN CONTAIN:



High levels of nicotine

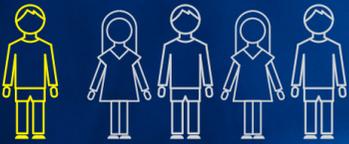


Cancer-causing chemicals



Heavy metals, such as nickel, tin and lead

NUMBERS TO GASP AT:



Nearly **1 in 5** high school students in New York State vaped in 2022.

source: NYSDOH

An epidemic in the U.S.:

2.13 million middle and high school students said they vaped in 2023.

source: CDC



Most commonly used tobacco product among middle and high school students.

source: CDC



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 online nysmokefree.com teen.smokefree.gov/quit-plan

E-CIGARETTES ARE TARGETED TO YOUTH



Appealing flavors



Widely promoted through social media, TV



Easy to get

sources:

NYSDOH https://health.ny.gov/press/releases/2024/2024-01-11_vaping.htm

NYSDOH https://health.ny.gov/prevention/tobacco_control/reports/statshots/volume14/n3_milestones_in_tobacco_control.pdf

CDC https://www.cdc.gov/mmwr/volumes/72/wr/mm7244a1.htm?s_cid=mm7244a1_w

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