

### WHAT IS VAPING?

Electronic cigarettes, or e-cigarettes, include vapes, hookah pens, or JUULs. They heat an e-liquid or e-juice that often contains nicotine. E-cigarettes are inhaled like regular cigarettes and produce an aerosol cloud of chemicals.

### IS THERE A DIFFERENCE BETWEEN E-CIGARETTES AND JUULS?

No. Although JUULs may appear different, they are actually a type of e-cigarette. Every JUUL pod contains highly addictive nicotine, roughly equivalent to the amount of nicotine in an entire pack of cigarettes. JUUL does not manufacture any nicotine-free pods. The aerosol cloud produced by a JUUL might not appear as dense as that from other e-cigarettes or traditional cigarette smoke, but it still contains many of the same chemicals and carries the same health risks.

### AREN'T E-CIGARETTES LESS HARMFUL THAN TRADITIONAL CIGARETTES? ISN'T IT JUST WATER VAPOR?

The aerosol generated by e-cigarettes is not water vapor and is not harmless. The aerosol inhaled from e-cigarettes and JUULs typically consists of a mixture of harmful chemicals like nicotine, formaldehyde—which is known to cause cancer—and acrolein—which is used as a weed killer and can cause irreversible lung damage.

E-juice and JUUL pods with flavors resembling fruit, mint, or other treats carry the same health risks as the unflavored products. Additionally, the flavorings are composed of chemicals that are not safe to inhale into the lungs.

### WHAT ARE THE HEALTH RISKS OF VAPING?

Nicotine is highly addictive and exposure during adolescence can harm your developing brain and affect memory, concentration, learning, self-control, attention and mood.

- Youth who vape are more likely to go on to use traditional cigarettes.
- In the short term, e-cigarette aerosol can irritate your lungs, throat and eyes. It can also make it more likely that you'll catch colds or get the flu.

## IMPORTANT FACTS TO KNOW ABOUT VAPING

### VAPE AEROSOL CAN CONTAIN HARMFUL CHEMICALS

Vaping can expose the user's lungs to harmful chemicals like formaldehyde, acrolein, and acetaldehyde, which are known to cause irreversible lung damage.

### THERE CAN BE DANGER BEHIND THE FLAVOR

Vapes get their flavors from chemicals like diacetyl and acetoin. While these flavorings are safe to eat in food, they're not safe to inhale. Inhaling diacetyl has been linked to popcorn lung, a lung disease that doesn't have a cure.

### MOST VAPES CONTAIN HIGHLY ADDICTIVE NICOTINE

Vaping delivers nicotine to the brain in as little as 10 seconds. A teen's brain is still developing, making it more vulnerable to nicotine addiction. Nicotine exposure during the teen years can disrupt normal brain development and may have long-lasting effects.

### VAPERS COULD BE INHALING METAL PARTICLES INTO THEIR LUNGS

Vape aerosol could be delivering metal particles like chromium, nickel, lead, tin and aluminum right into your lungs. Some of these metals are toxic.