

# The Risks Of Electronic Cigarettes

The CDC has determined that the use of e-cigarettes and vaping are unsafe for kids, teens and young adults.



## What is the harm?

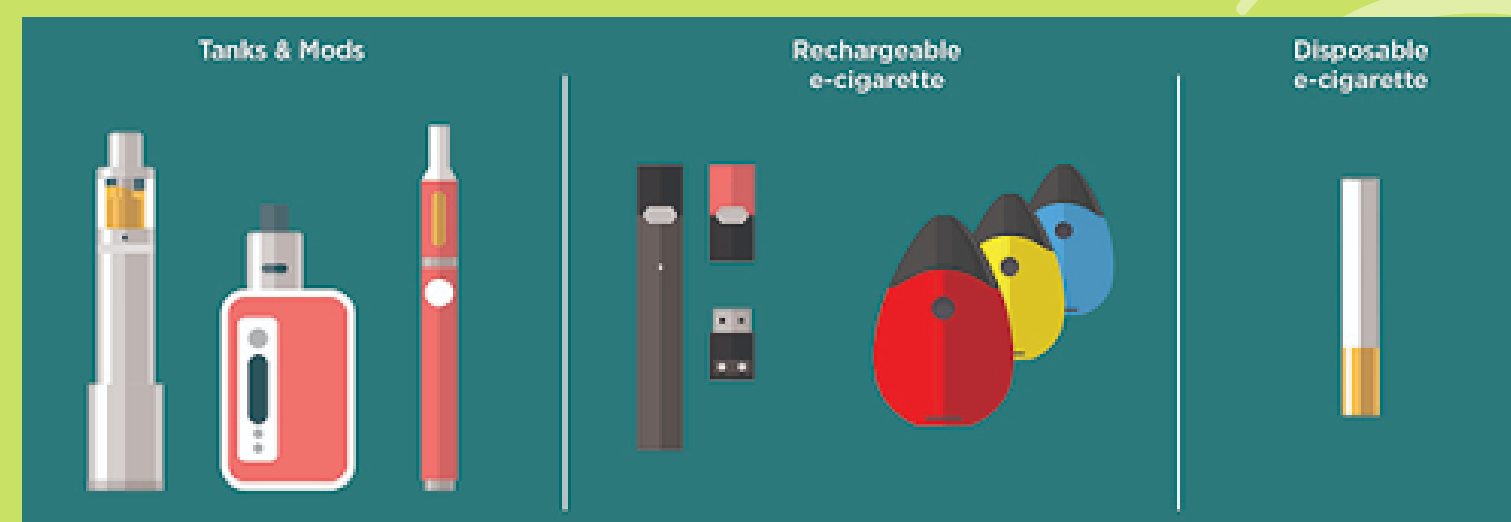
*Nicotine:* E-cigarettes such as JUULS have very high amounts of nicotine. Highly addictive, consumption of nicotine in adolescence can harm the parts of the brain that control attention, learning, mood and impulse control.

*Poisoning:* Children and adults have been poisoned by swallowing, breathing or absorbing e-cigarette liquid through their skin and eyes.

*Future Addiction:* Studies show e-cigarettes increase risk for future addiction to real cigarettes.

## What is an E-cigarette?

- E-cigarettes are electronic devices that heat a liquid filled with nicotine, ultrafine particles, cancerous chemicals such as diacetyl, heavy metals such as nickel, tin and lead.
- They can be known as "e-cigs," "e-hookahs," "mods," "vape pens," "vapes," among other names. They may look like regular cigarettes, USB flash drives, pens or other everyday items.



## What Can I Do As A Parent?

- Try to **model being tobacco-free** and ensure that your child is not exposed to secondhand emissions from any tobacco products, including e-cigarettes. If you do use tobacco, it's never too late to quit. For free help, visit [smokefree.gov](http://smokefree.gov) or call **1-800-QUIT-NOW**.
- **Start the conversation early** with your children about why e-cigarettes are harmful for them. Let your child know that you want them to **stay away** from all tobacco products, including e-cigarettes.
- Set up an **appointment** with your child's **healthcare provider** so they can hear from a medical professional about the health risks of tobacco products, including e-cigarettes.
- An additional option is to **speak** with your child's **teachers and school administrators** about enforcement of tobacco-free-school-grounds policies and tobacco prevention curriculum.