

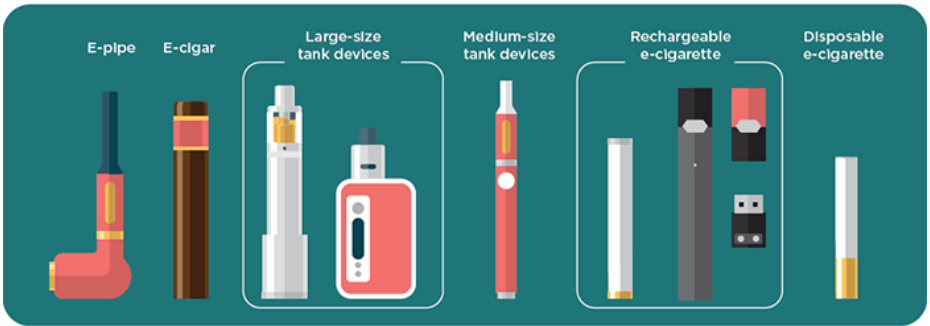
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# KNOW THE FACTS:

## ELECTRONIC CIGARETTES

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Electronic cigarettes are battery-powered or rechargeable devices that deliver nicotine and other substances into the lungs. E-cigarettes are also called e-hookahs, mods, vapes, tank systems, and electronic nicotine delivery systems.



Vaping is another term for e-cigarettes that refers to the cloud of aerosol produced by the device when heating a liquid (e-juice or juul pod). The aerosol usually contains nicotine, diacetyl (flavoring), heavy metals like lead, nickel, chromium, and other cancer-causing chemicals. There is no water in e-juice or the vapor produced. These products are not regulated by the FDA, so some juices labeled with zero percent nicotine, have actually been found to contain it.

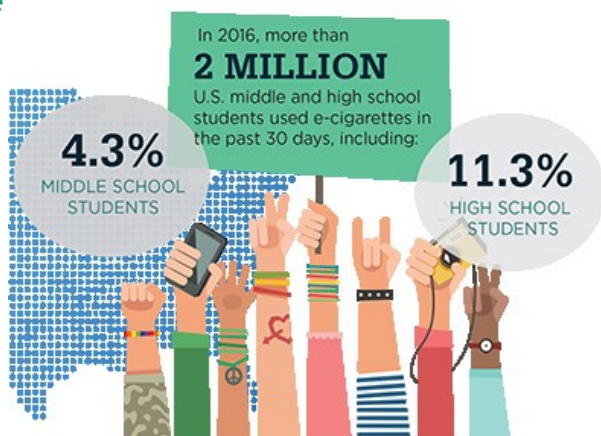
Juul is a type of e-cigarettes that looks like and uses a USB drive to recharge itself in a computer. Juul pods contain a much larger amount of nicotine—59mg compared to 0-36mg in other devices—about the same as one pack of cigarettes. They can be concealed in one’s hand and create a smaller aerosol cloud, making their use in schools discreet.

**E-cigarettes are not safe for youth, pregnant women, or people who have never smoked.** Nicotine is highly addictive, toxic, and can harm adolescent brain development and a developing fetus. E-cigarettes have also caused injuries from battery explosions and poisoning by swallowing the e-juice. Scientists are still learning about long term health effects, however, serious lung diseases and cancers have already been linked to e-cigarette use.

**E-cigarettes are marketed to, and most commonly used by, youth.** Flavors like cotton candy, gummi bear, Slushie, and Jolly Ranchers entice youth into trying them. Juul pods are created to have a “smooth throat-feeling” and stronger buzz, elevating the risk for addiction. Seven in ten teens are exposed to e-cigarettes ads—online, print, film, TV, radio, and local retailers.

## Most teens don't use e-cigarettes.

Talk with teens often and praise them for not using. Share the facts and creditable resources. Be patient and ready to have open dialogue. Learn more at [www.cdc.gov](http://www.cdc.gov).



1. Centers for Disease Control and Prevention (2017). E-cigarettes and youth people: a public health concern. <https://www.cdc.gov/features/ecigarettes/young-people/index.html>

2. National Institute on Drug Abuse. (2016). Teens and e-cigarettes. <https://www.drugabuse.gov/related-topics/trends-statistics/infographics/teens-e-cigarettes>

3. Public Health Law Center (2018). Juul & the guinea pig generation: public health concerns about use by young people. [www.publichealthlawcenter.org](http://www.publichealthlawcenter.org)

4. U.S. Department of Health and Human Services Centers for Disease Control and Prevention (2018). Electronic cigarettes. [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-508.pdf](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-508.pdf)

This flyer was developed, in part, under grant number SP021488-01 from the Office of National Drug Control Policy and Substance Abuse and mental Health Services Administration, Department of Health and Human Services. The views, policies, and opinions expressed are those of the authors, and do not necessarily reflect those of ONDCP, SAMHSA, OR HHS.

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