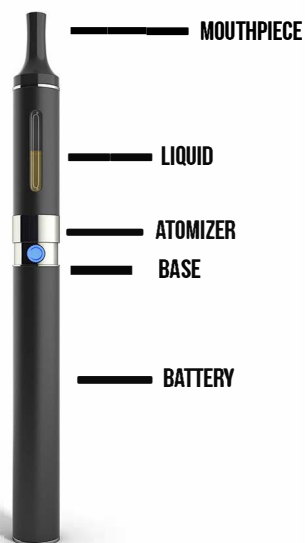


1. WHAT IS AN E-CIG?

Vapes, Smoke Juice, Mods, PV (Personal Vaporizer), E-Juice, E-Liquid, E-Hookah, Tanks...all are names that refer to electronic cigarettes or e-cigs. These battery-powered devices heat up liquid to make a vapor which can be inhaled through a mouthpiece. The liquid often contains nicotine, flavorings, and other chemicals for the user to inhale. Some manufacturers may not disclose the complete list of ingredients.



KEEP YOURSELF SAFE

Using e-cigs can lead to breathing problems, heart disease, addiction to tobacco and illegal drugs, fertility problems, poor ability to fight infections, along with memory and behavioral problems. Here are some things you can do to spread the word:

- ▶ **Discourage others from using e-cigs or other tobacco products around you.** Second hand exposure to nicotine, flavors and other chemicals in e-cigs can be harmful to your body.
- ▶ **Visit tobacco-free locations.** Avoid restaurants and other locations that allow use of tobacco products, including e-cigs.
- ▶ **Ensure your school is tobacco-free.** Check with your school administration to ensure your school is completely tobacco-free, including being free of e-cigs.
- ▶ **Be an example.** Be an example to your friends by living tobacco-free. Even if you're quitting tobacco, share the reasons why you want to be tobacco-free and ask for support in your journey.

THE CHANGE
STARTS WITH
YOU

DON'T PUFF JUST PASS

What you need to
know about e-cigs

2. ISN'T IT JUST WATER VAPOR? ISN'T IT SAFE?



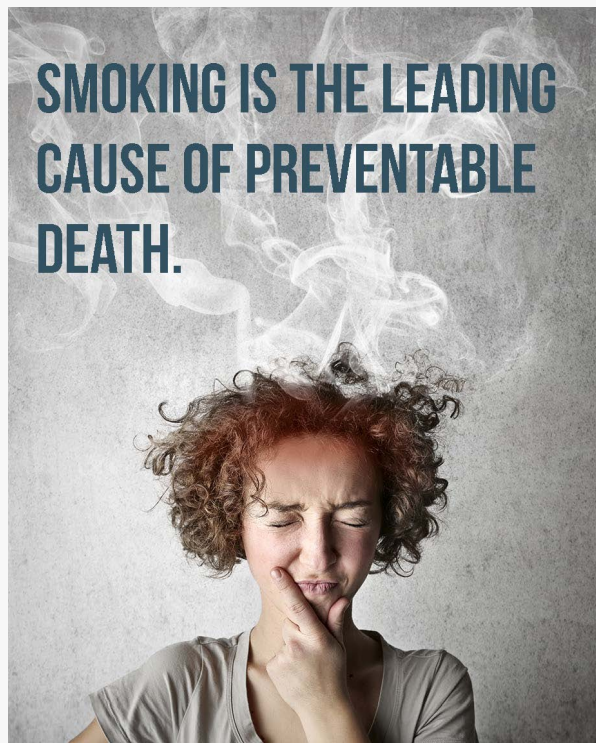
It's not just water vapor! E-cigs contain numerous harmful and addictive ingredients:

- ▶ Nicotine: causes addiction.
- ▶ Heavy metals: can cause cancer.
- ▶ Formaldehyde (used to preserve dead bodies): can cause cancer.
- ▶ Diethylene glycol (also found in antifreeze): is poisonous to the human body and can cause lung infections.
- ▶ Diacetyl: can damage lungs.

Liquid nicotine (e-liquid) can KILL a small child if ingested or absorbed into skin. It can be lethal for pets! Second-hand vapors can be just as dangerous.

3. WHAT HAPPENS TO YOUR BRAIN?

- ▶ Your brain continues to develop until your mid-twenties. Nicotine is addictive and can affect brain development.
- ▶ Using nicotine at a young age may cause problems with learning and attention.
- ▶ Nicotine may train your brain to be more easily addicted to other drugs like meth and cocaine.



4. WHAT ARE THE OTHER RISKS?

- ▶ Nicotine is unsafe during pregnancy and can harm the developing baby's lungs and brain.
- ▶ The heat from the battery can cause burns.
- ▶ E-cig batteries have been known to explode and cause injury.
- ▶ Inhaling the flavors in the e-cigs can affect your developing lungs, brain, and other parts of the body.

Young people who use e-cigs are more likely to start smoking tobacco cigarettes. Using tobacco products causes disease and leads to death over time.

More than 2,000,000 middle and high school students reported using e-cigs last year.

The number of students using e-cigs has increased over time. Nearly 1 in 5 high school and 1 in 12 middle school students reported using e-cigs last year. Most students who tried were curious about the flavors and did not know the risks.

