

WHAT ARE E-CIGARETTES?



E-Cigarettes, or electronic cigarettes, have a battery and turn liquid nicotine (juice) into vapor. E-cigarettes also have other chemicals in them, and you can add flavors, like chocolate or strawberry, to make them taste good. They can look like normal cigarettes, cigars, pens, or pipes.



DID YOU KNOW?

4 out of every 100 adults use tobacco in Ohio, with more than double that for kids under 18!

CDC, State-Specific Prevalence of Cigarette Smoking and Smokeless Tobacco Use Among Adults—MMWR, United States, 2011-2013

E-cigarettes are very popular among high school kids. In fact, kids in the 9th grade that use e-cigs are more likely to start smoking normal cigarettes within one year.

(Rigotti, 2015)

Call **1 (800) Quit Now (784-8669)** or go to <http://ohio.quitlogix.org/>.

If counseling doesn't work for you, ask your doctor or counselor about other options.

HOW DO I USE E-CIGARETTES?

E-cigarettes are used like normal cigarettes. You breathe the vapor into your lungs. The vapor will feel a lot like smoke to you, and looks like smoke when you breathe out, but it doesn't smell like normal cigarettes; in fact, there is no smell at all.

ARE THEY SAFE?

There is a lot we don't know yet about e-cigarettes because they are new. And since they are not regulated by the Food and Drug Administration, we don't always know what ingredients and chemicals are in the juice and vapor. E-cigarettes can be dangerous for babies and kids because:

- The vapor can create chemicals that are bad for you or people around you;
- The vapor can leave chemicals and nicotine in the air, dust, or on other surfaces like your clothes, tables or floors; and
- They are a poisoning risk: The 'juice' in e-cigarettes can lead to death if swallowed, especially by kids. Remember to keep it out of their reach to protect them!
- **No amount of nicotine is safe for kids!!!**

CAN I USE E-CIGARETTES TO QUIT SMOKING?

The FDA has not said that an e-cigarette is a safe way to help you quit. If you want to quit, set a quit date! Get rid of all your tobacco products and triggers and ask someone for help. There are a lot of resources out there to help you!