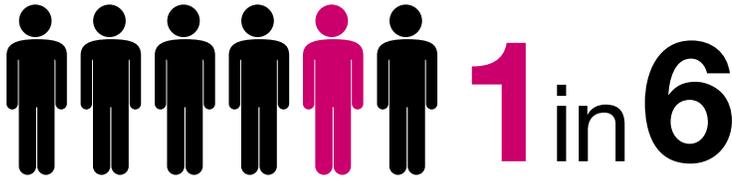


TEENS AND VAPING: WHAT ARE THE RISKS?

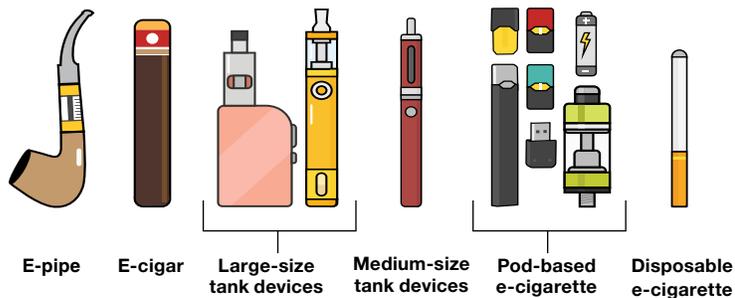


NYC public high school students currently use e-cigarettes. Don't be the one.

What are e-cigarettes and vaping devices?

E-cigarettes and vaping devices come in many forms, but they all heat liquids, called e-liquids, into aerosol. E-liquids usually contain nicotine, flavors and other chemicals.

Other names for e-cigarettes include: vapes, vape pens, e-cigs or e-hookahs.



Are e-cigarettes dangerous for me?

Yes. While flavors such as mint or menthol, candy and others might make e-cigarettes seem harmless, they are not.



The dangers of e-cigarettes

- ❑ **E-cigarettes usually contain nicotine.**
 - Nicotine is addictive, especially for teens.
 - Nicotine can negatively affect a teenager's memory and concentration, and may decrease learning ability.
 - One pod of Juul, a popular e-cigarette, contains as much nicotine as a whole pack of cigarettes.
- ❑ **People have been poisoned by swallowing e-liquid or getting it on their skin or in their eyes.**
- ❑ **The aerosol from heated e-liquids may contain harmful chemicals including:**
 - Formaldehyde (a cancer-causing chemical)
 - Benzene (a cancer-causing chemical)
 - Diacetyl from flavoring (which has been linked to lung disease)
 - Heavy metals (such as nickel, tin and lead)
- ❑ **E-cigarette batteries that do not work correctly have caused fires and explosions, which have led to serious injuries and even death.**