



THE TRUTH ABOUT E-CIGARETTES VAPING &

E-cigarettes almost always contain nicotine.

- ❑ Nicotine is addictive, especially for teenagers.
- ❑ Nicotine can negatively affect a teenager's memory and concentration, and may decrease learning ability.
- ❑ Nicotine can be toxic. People have been poisoned by swallowing vaping liquid or getting it on their skin or in their eyes.

Vaping can expose you and others around you to harmful chemicals, such as:

- ❑ 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)

For more information, talk to your health care provider or visit nyc.gov/health and search for **e-cigarettes**.



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