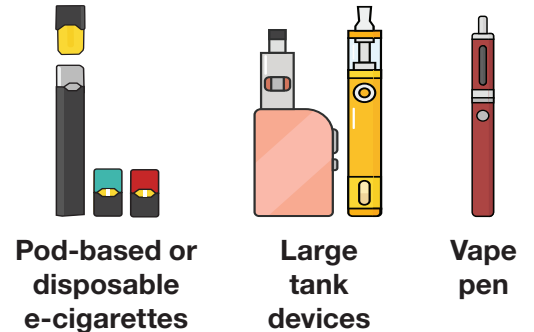


Teens and Vaping: What Are the Risks?

Electronic cigarettes (e-cigarettes) and vaping devices come in many forms, but they all heat liquids that are 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. While vape companies use tricks such as attractive packaging, flavors and advertising campaigns to make e-cigarettes seem harmless, they are not.



❑ 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.
- Most e-cigarette pods can have as much nicotine as a pack of cigarettes or more.



❑ Vaping can cause lung injury and affect lung health in other ways.



❑ 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-liquid ingredients are not closely regulated, and their long-term health effects are unknown.



❑ People have been poisoned by swallowing e-liquid or getting it on their skin or in their eyes.

❑ E-cigarettes are harmful to the environment and can contain plastic, electronic and hazardous waste.



Need help quitting vaping? Text **DROPTHEVAPE** to **88709** for free, 24/7 and confidential support. For more information, visit nyc.gov/health and search for **e-cigarettes**.

