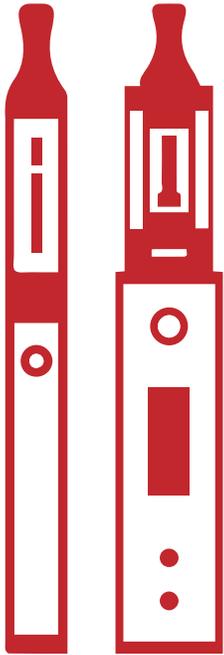


E-CIGARETTES



WHAT ARE THEY?

Battery operated devices used to create an aerosol by super heating liquid.

The liquid usually contains concentrated nicotine.

Teens are drawn to them because they are legal and easy to use.

Also called vape pens, personal vaporizers, e-hookahs, hookah pens, tanks or mods.

RISKS WE KNOW

E-cigarettes are also used to inhale other drugs, such as concentrated marijuana and synthetic drugs.

E-cigarette aerosol contains tiny chemical particles that can harm your lungs and carry poisons into your body.

Some liquid flavoring, like cinnamon and caramel can damage your lungs.

Serious nicotine poisoning accidents are increasing in children and pets.

Safety standards for e-cigarettes and e-liquids are not established.

E-cigarettes cannot be legally sold to minors, but teens buy devices easily online.

NICOTINE & THE BRAIN

Nicotine use impairs the part of the brain responsible for decision-making and attention span.

The younger someone starts using nicotine, the more likely they are to become addicted. This increases the chances of becoming a lifelong smoker and a heavy smoker.

Teen tobacco use increases the risk of using other drugs.

RISKS WE DON'T KNOW

Are there long-term health effects of using e-cigarettes?

Are teens who use e-cigarettes more likely to smoke regular cigarettes?

Does e-cigarette use stops people from using proven ways to quit smoking? Proven methods include: 1-800-Quit Now, nicotine patches, lozenges, gum, group cessation, etc.

1 IN 4 TEENS CURRENTLY USE E-CIGARETTES



drug
free
lex



For more information about e-cigarettes, how to stop vaping, or how to stop smoking traditional cigarettes, contact the Lexington-Fayette County Health Department at 859-288-2457 or visit www.lexingtonhealthdepartment.org.