


Questions and Answers About E-cigarettes for Parents

 **Most e-cigarettes and all JUULs contain nicotine.** Nicotine is addictive and can be harmful to the brain and health of your kids. **Children and young adults should not vape or use any tobacco products.**

What are e-cigarettes?

E-cigarettes are electronic devices that heat liquid flavors and chemicals (e-juice). The heating produces an aerosol, which is a mix of small particles in the air. An e-cigarette might also be called:

JUUL (a brand of e-cigarettes)

E-cigs

ENDS (electronic nicotine delivery systems)

ANDS (alternative nicotine delivery systems)

E-hookahs

Hookah pens

Vape pens

Vape mods

Vaporizers

Vapes

Tank systems

E-cigarettes can look like:

Cigarettes

Cigars

Pipes

Pens

USB flash drives

**Other common objects,
such as car keys**

What are vaping and JUULing?

The use of e-cigarettes is often referred to as “vaping” because many people believe e-cigarettes create a vapor. But e-cigarettes actually produce an aerosol, which is different from a vapor. It’s important to know the aerosol can be harmful.

“JUULing” is a slang term created by users of a brand of e-cigarettes called JUUL, which is very popular among teenagers and young adults.

Did you know?

Most e-cigarettes contain very high levels of nicotine, the same addictive chemical found in cigarettes and other tobacco products.

E-cigarette use in middle-schoolers and high-schoolers has dramatically increased. **Kids, teens, and young adults should *not* use e-cigarettes or any tobacco product.**

How can e-cigarettes be harmful?

- While the long-term health effects of e-cigarettes are still unknown, all tobacco products, including e-cigarettes, can pose health risks to the user, with greater risks to kids and teenagers.
- **Nicotine is very addictive and can harm the brain development of kids and teenagers.** Most e-cigarettes contain nicotine, and all types of the JUUL brand contain particularly high levels of nicotine. **Some studies show vaping might make your kids want to try other, more harmful tobacco products, like regular cigarettes.**
- A serious lung illness called E-cigarette or Vaping Product Use-Associate Lung Injury (EVALI) has been reported in some e-cigarette users, especially those who vaped THC (the mind-altering chemical in marijuana) and vitamin E acetate in products that were bought on the street. Some of these people have even died.
- Even though the potential harm from different toxic substances created by vaping is likely lower than with regular cigarettes, these products are not harmless.
- It is illegal for retailers to sell any tobacco product – including e-cigarettes – to anyone under age 21.
- **People should not buy e-cigarette products or e-juice off the street. They should not change a vaping device in any way and should not add anything to it.**
- E-cigarettes expose people to secondhand aerosol that may contain harmful substances.
- There have been reports of e-cigarettes exploding and causing serious injuries. The explosions usually are caused by batteries that are not working well or handled as they should be.

Using e-cigarettes can cause harm. Talk to the children, teenagers, or young adults in your life about why e-cigarettes are harmful. Quitting can help them live a longer and healthier life.

For more information, answers, and support, visit the American Cancer Society website at www.cancer.org or call us at 1-800-227-2345.