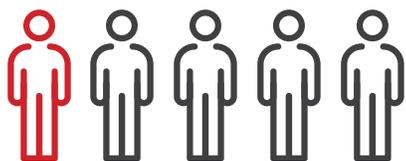




American  
Heart  
Association.

# The 101 on e-Cigarettes

Vaping is becoming an increasing epidemic among teens. In recent years, **e-cigarette use has more than doubled among middle and high school students.**



TODAY **1 in 5** TEENS VAPE

## What is vaping?

Vaping is the **act of inhaling and exhaling the aerosol, often referred to as vapor**, which is produced by an e-cigarette or similar device. The term is used because e-cigarettes do not produce tobacco smoke, but rather an aerosol, **often mistaken for water vapor, that actually consists of fine particles.** Many of these particles contain varying amounts of toxic chemicals, which have been linked to heart and respiratory diseases and cancer.

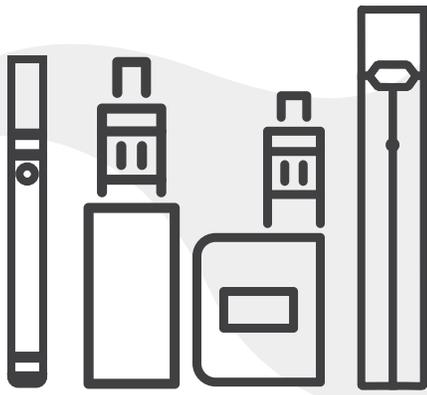
## What is an e-cigarette?

Electronic cigarettes (e-cigarettes) are **battery-powered devices that can deliver nicotine and flavorings to the user in the form of an aerosol.** Most have a battery, a heating element, and a place to hold a liquid or nicotine salts.

## Why are e-cigarettes unsafe for kids, teens and young adults?

- Nicotine can harm the developing adolescent brain
- E-cigarettes contain nicotine
- Nicotine addiction that occurs with e-cigarette use may lead to transition to use of combustible tobacco products
- Addiction itself, whether to nicotine or other drugs, can drive undesirable behaviors





## What do e-cigarettes look like?

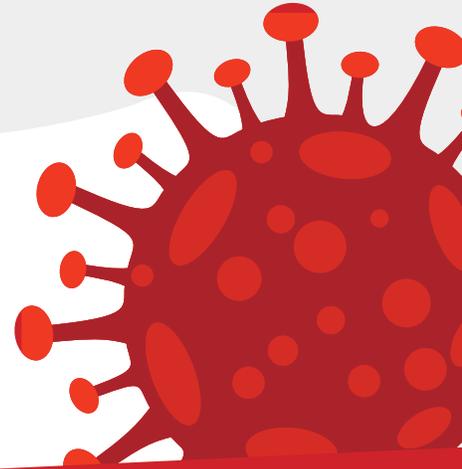
E-cigarettes come in a wide variety of shapes and sizes; **mini** (often called cig-a-like), **mid-size**, **vape pens**, **vape pod systems like JUUL**, **e-hookahs**, **e-cigars**, **advanced personal vaporizers or mods**; even ones shaped to look like pens and usb drives.

## COVID-19 and Vaping

According to the World Health Organization, smokers are likely more vulnerable to severe and potentially life-threatening cases of COVID-19. People who use e-cigarettes may also be at an increase risk.

### Some evidence shows:

- E-cigarettes may suppress the immune system, making people more susceptible to respiratory infections and delayed recovery.
- Vaping can increase the risk of transmitting the virus when users bring fingers or unclean devices to their mouth, share devices with other users and emit aerosol clouds.



Tobacco companies addict our children, but the kids are the ones being punished.

**Slick marketing tactics and flavored tobacco products** have contributed to addicting our kids to nicotine once again.



This addiction is causing our kids to bring their e-cigarettes to school, where they use and influence other students to try.



Schools often punish the addicted students through suspension. **Studies show suspension increases the likelihood of negative educational outcomes.**

The American Heart Association is working with schools to help treat nicotine addiction while keeping kids in schools.

## What can parents do?

- Do not use any tobacco products
- **Talk with your kids about the dangers of smoking and the importance of avoiding any tobacco use** (conventional cigarettes or e-cigarettes)
- Educate your kids that **e-cigarettes contain nicotine, a HIGHLY addictive substance**
- **Advocate for comprehensive tobacco prevention policies** (that include e-cigarettes)