

E-CIGARETTES

YOUR QUIT JOURNEY STARTS TODAY.

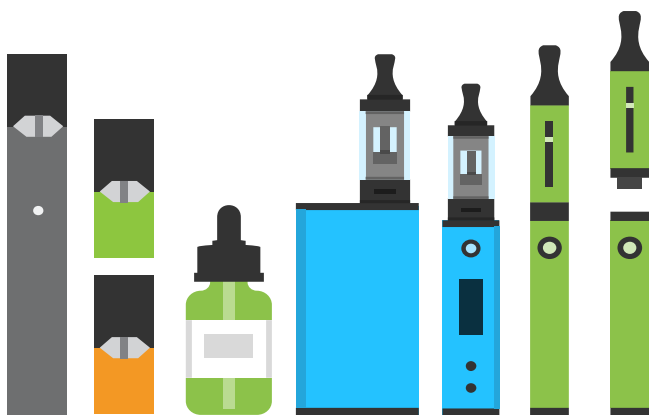


What is an e-cigarette?

E-cigarettes (also called vapes) use batteries to heat a mix of flavors, nicotine and other chemicals to make a vapor. The vapor is an aerosol that is inhaled and exhaled like cigarette smoke. E-cigarettes come in many flavors, shapes and strengths. An e-cigarette can look like a regular cigarette, pipe, cigar, or even everyday items such as a pen or a flash drive. They can also have cannabis or illegal drugs in them.

Can I use e-cigarettes to quit smoking?

Some adults use e-cigarettes to smoke fewer regular cigarettes but e-cigarettes are NOT approved by the Food and Drug Administration (FDA) as a way to quit smoking. The FDA has approved seven types of medication, including nicotine gum, patches, and lozenges, that can double a smoker's chances of quitting. Adults who want to quit should try these medications first and can contact Quit Now Virginia for support in quitting.



Call 1-800-Quit Now (1-800-784-8669)

Connect online at QuitNowVirginia.org

Text READY to 34191

Are e-cigarettes safe?

When heated, e-cigarettes create an aerosol, not just water vapor. E-cigarettes have fewer toxins than regular cigarettes, but they are not harmless. The aerosol from e-cigarettes can expose users to toxic chemicals such as formaldehyde, acrolein, and acetaldehyde, as well as harmful metal particles like nickel, lead, chromium, tin, and aluminum. Inhaling these substances can cause lung damage.

E-cigarette batteries can catch fire or explode. If young children and pets eat or drink the liquids, they can die from nicotine poisoning.

How to talk to a teen about vaping?

Vapes are the most commonly used form of tobacco by young people in VA and the US. Nicotine—in any form—can harm the parts of the growing adolescent brain that controls attention, learning, mood, and impulse control. Of those who use e-cigarettes, many started vaping to lessen or cope with feelings of stress, anxiety or depression. Though they may be looking to nicotine for relief, many young people are unaware that vaping may make their symptoms worse.

Quitting vaping can improve mental and physical health. Most young people who use vapes want to quit. Visit VapeFreeVA.org for tips on how to help a young person quit and evidence-based resources to support their quit attempt. Teens can also contact Quit Now Virginia for a texting cessation program.



Reach out today, for all the help you need to stop smoking and vaping.

VDH VIRGINIA
DEPARTMENT
OF HEALTH
Tobacco Control Program

Quit Now
Virginia