

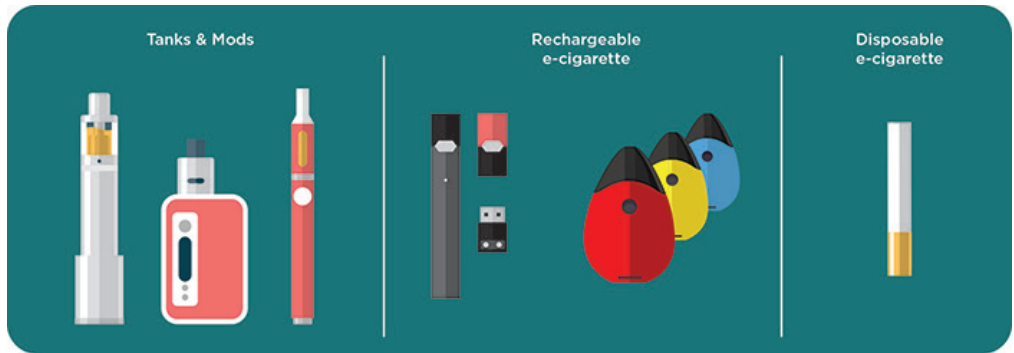
# Get the **FACTS** about electronic cigarettes & vaping!

## What are they?

E-cigarettes are electronic devices that heat liquid nicotine and produce a toxic aerosol of harmful particles in the air.

While e-cigarettes come in many shapes and sizes, most have a battery, a heating element, and a place to hold liquid nicotine. Most e-cigarettes have been designed to look like regular cigarettes, cigars, or pipes, but some look like USB flash drives, pens, and other everyday items.

E-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products!



## How do they work?

E-cigarettes produce an aerosol by heating liquid that contains nicotine, flavorings, and other chemicals to help make the aerosol.

E-cigarettes are used the same way a traditional smoking tobacco product is used, by inhaling the aerosol into their lungs. And just like secondhand smoke, bystanders breathe in secondhand aerosol when the user exhales into the air.

## Liquid nicotine is often called:

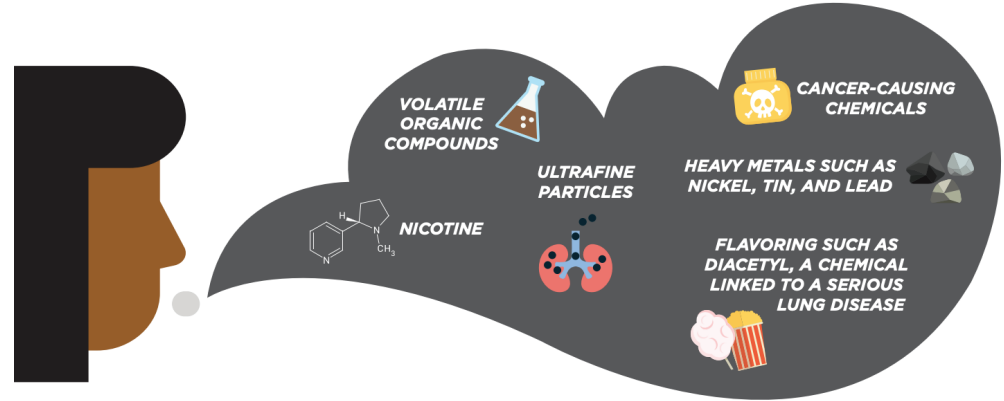
- E-juice
- E-liquid
- Vape juice
- Vape liquid

## E-cigarettes are often called:

- E-cigs
- Vape Pens
- Vapes
- E-Hookahs
- Vape Mods
- Tank Systems
- E-Pipes
- E-Cigars
- JUUL
- ENDS (Electronic Nicotine Delivery Systems)

## Why are they dangerous?

Not only do most e-cigarettes contain nicotine, which is the addictive ingredient in regular cigarettes, cigars, and other tobacco products, they also contain other harmful chemicals.



## Who uses them?

Texas Youth	National Youth
Middle School – 6.0%	Middle School – 4.9%
High School – 18.9%	High School – 20.8%

*E-cigarette use rates from the 2018 Texas Youth Tobacco Survey & 2018 National Youth Tobacco Survey*

# Don't be FOOLED by JUUL... or any other sleek devices!

## JUUL and Similar Products



Juul



KandyPen's  
Rubi



MLV's  
Phix



Mylé



ITG Brands'  
myblu



Altria's  
MarkTen Elite

## Other E-Cigarettes



Suorin Air



Suorin Drop

Even though JUUL is the top-selling e-cigarette brand, other companies sell e-cigarettes that are just as appealing like the Suorin Air and Suorin Drop. The truth is that these devices are designed to be sleek and discrete and can contain dangerous levels of nicotine.

## Quick Facts!

- Nicotine content in e-cigarettes can range from 3%-7% which equals 1-2 packs of cigarettes!
- 8 out of 10 adolescents who vape started with a flavored product.
- The chemicals in e-cigarettes can cause irreversible lung damage.
- 1 in 5 high schoolers use e-cigarettes.
- 1 in 20 middle schoolers use e-cigarettes.



Sources of information and statistics for this fact sheet include Centers for Disease Control and Prevention, Texas Department of State Health Services, American Journal of Preventative Medicine, American Lung Association, and Campaign for Tobacco-Free Kids.