



# Vaping and E-Cigarettes

## Did you know?

*E-cigarettes are the most commonly used tobacco product among teens. They can contain nicotine (an addictive chemical), other chemicals that can damage the lung, and drugs like marijuana.*

## Action Plan

- Vaping and E-cigarettes are linked with severe lung disease. Discuss vaping or e-cigarette use with a doctor, especially for new symptoms (like flu-like illness with or without trouble breathing).
- Talk to your teen about the dangers of vaping and e-cigarettes. Teens who vape and use e-cigarettes are more likely to use regular cigarettes in the future.
- If you vape or use e-cigarettes, keep them and containers of liquid nicotine locked away and out of reach of children.
- If your child swallows liquid nicotine from a container, immediately go to the emergency room and call the local Poison Control Center at 1-800-222-1222.

[more](#) →

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## Did You Know?

There are many types of e-cigarette products:

Vape Pens  
E-Cigars  
E-Hookah

Juul  
Vaping Devices  
Mod Systems

## Resources

Encourage your teen to visit [teen.smokefree.gov](https://teen.smokefree.gov)

For more information and resources to help stop smoking, visit [cdc.gov](https://cdc.gov) and search "Electronic Cigarettes" [nyc.gov/health](https://nyc.gov/health) and search "E-Cigarettes"

For more information, visit: [nyscheck.org/rxs](https://nyscheck.org/rxs)

