



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).
- Don't smoke or vape marijuana, herbs, waxes, or oils.
- Talk to your teen about the dangers of vaping and e-cigarettes. Nicotine in e-cigarettes is highly addictive and can harm brain development. **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](#) →

Did You Know?

There are many types of e-cigarette products:

Vape Pens	Juul
E-Cigars	Vaping Devices
E-Hookah	Mod Systems

Resources

Smartphone app: **quitSTART** is a free app for teens and adults who want to quit smoking. Look for it in your app store or at smokefree.gov.

Ditch your vape for good. Youth and young adults can access the new e-cigarette quit program by texting "DITCHJUUL" to 88709.

Parents and other adults looking to help young people quit should text "QUIT" to 202-889-7550.

Encourage your teen to visit teen.smokefree.gov

Saint Peter's Addiction Recovery Program (SPARC) offers virtual session for teens and young adults to quit vaping.

- Latham – (p) 518-783-5381
- Saratoga – (p) 518-885-6884
- Schenectady – (p) 518-357-2009

For more information from the Centers for Disease Control (CDC), visit cdc.gov and search "Electronic Cigarettes."

For more information, visit: nyscheck.org/rxs

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