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.

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

For information from the Centers for Disease Control (CDC) visit cdc.gov and search “Electronic Cigarettes.”

For more information, visit: nyscheck.org/rxs