



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

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

For more information, visit: nyscheck.org/rxs

