



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 electronic cigarettes (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 →](#)



Did You Know?

There are many types of e-cigarette products:

Vape Pens

Juul

E-Cigars

Vaping Devices

E-Hookah

Mod Systems

Resources

Encourage your teen to visit teen.smokefree.gov

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

For more information, visit: nyscheck.org/rxs



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