



# 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](#) →

Signature \_\_\_\_\_

Date \_\_\_\_\_

## 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](https://teen.smokefree.gov)

New York City	<a href="https://nyc.gov/health">nyc.gov/health</a> (search "E-cigarettes")
New York State	<a href="https://health.ny.gov">health.ny.gov</a> (search "Electronic Cigarettes" and select "Get the Facts")
New Jersey	<a href="https://vapefactsnj.com">vapefactsnj.com</a>
Puerto Rico	<a href="https://salud.gov.pr">salud.gov.pr</a> (busque y seleccione "Programa de Control de Tabaco")
U.S. Virgin Islands	<a href="https://cdc.gov">cdc.gov</a> (search "Electronic Cigarettes")

For more information, visit [icahn.mssm.edu/research/pehsu/information](https://icahn.mssm.edu/research/pehsu/information)