



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.
- COVID-19 is a respiratory infection that can attack the lungs, potentially putting those who vape at higher risks of complications.

[more](#) →

Did You Know?

There are many types of e-cigarette products:

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

Resources

For information on the use of e-cigarettes and similar products, visit:

health.ny.gov (search "Get the Facts - Electronic Cigarettes and Similar Vapor Products")

health.westchestergov.com/tobacco/vaping

Encourage your teen to visit:

health.westchestergov.com/tobacco/vaping (click "Westchester County Cares -Vaping" under "Resources")

For more information, visit: nyscheck.org/rxs

To request an environmental telehealth consultation with one of the experts at the Children's Environmental Health Center of the Hudson Valley, please call 914-493-7585.

