Electronic cigarettes are battery-operated devices which produce an aerosol vapor that is inhaled. Known as vape pens, e-cigs, mods, or by a common brand name, Juul. They can look like regular cigarettes, USB sticks, pens, or other everyday items. They can easily be hidden. E-cigarettes are a form of smoking.

**E-CIGARETTES CAN CONTAIN:**
- High levels of nicotine
- Cancer-causing chemicals
- Heavy metals, such as nickel, tin and lead

**NUMBERS TO GASP AT:**
- 1 in 4 N.Y. high school students said they vaped in 2018.
- More than 3.6 million middle and high school students said they vaped in the past 30 days.
- Most commonly used tobacco product among high school students.

**E-CIGARETTES ARE NOT HARMLESS:**
It is unsafe for young people to use any product containing tobacco or nicotine. Some e-cigarette cartridges have higher levels of nicotine than a pack of cigarettes.

**Nicotine:**
- Causes addiction
- Harms the developing brain
- Affects memory and attention

**E-cigarette use among young people may:**
- Lead to chronic cough, bronchitis, and wheezing
- Increase heart rate and blood pressure
- Increase the likelihood of smoking cigarettes

**SCIENTISTS DON’T KNOW ALL OF THE LONG-TERM SIDE EFFECTS OF E-CIGARETTES.**
E-cigarettes are not approved by the FDA as a method to quit smoking. Use only FDA-approved methods to quit smoking.

**TRENDS IN E-CIGARETTE USE AMONG HIGH SCHOOL STUDENTS IN N.Y.**
- 2014: 10.5%
- 2016: 20.6%
- 2018: 27.4%

**E-CIGARETTES ARE TARGETED TO YOUTH:**
- Appealing flavors
- Widely promoted through social media, TV
- Easy to get

For help with quitting:
- Talk with your doctor
- Call the New York State Smokers’ Quitline at 1-866-NY-QUITS
- Visit SmokeFree.gov

To learn more, visit combataddiction.ny.gov/teenage-vaping or cdc.gov/tobacco