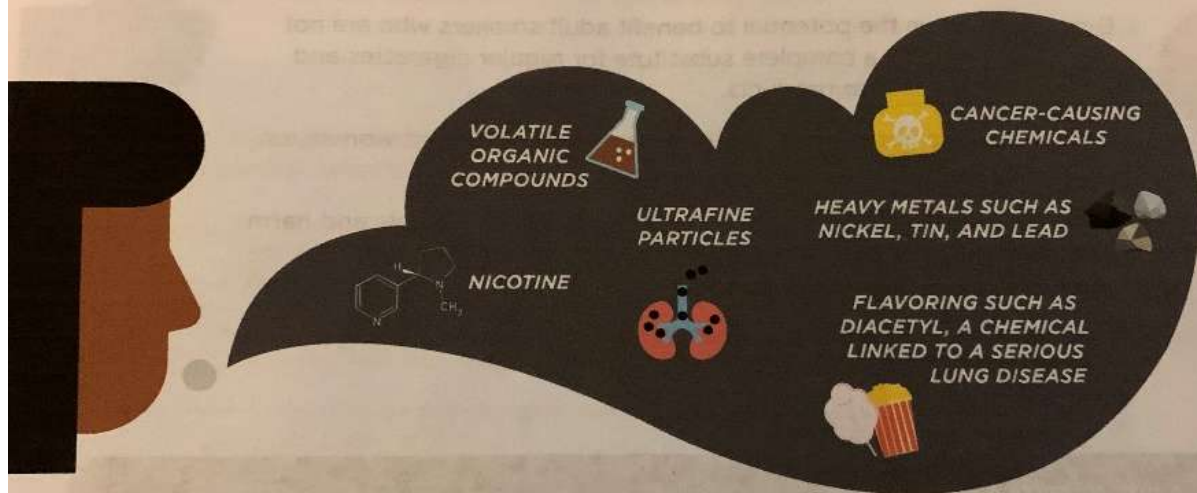


## WHAT IS IN E-CIGARETTE AEROSOL?

THE E-CIGARETTE AEROSOL THAT USERS BREATHE FROM THE DEVICE AND EXHALE CAN CONTAIN HARMFUL AND POTENTIALLY HARMFUL SUBSTANCES:



It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.

## VAPING. IS IT SAFE?

Vaping which is the act of inhaling and exhaling an aerosol or vapor which is heated and produced by an e-cigarette or similar device, has become a popular pastime especially for young adults and teens. The term is used because e-cigarettes do not produce tobacco smoke, but an aerosol vapor that actually consists of fine particles, which have varying amounts of toxic chemicals and have been linked to cancer, as well as respiratory and heart disease.

E-cigarettes were introduced to the mass market in the U. S. in 2007 and were considered a safe option instead of cigarettes. However, there have been increasing reports of lung injury related to vaping and the CDC (center for disease control), FDA (Food and Drug Administration) and health care providers are investigating this outbreak of lung injuries and deaths. As of November, 2019 there have been 2172 lung injuries and 33 known deaths associated with vaping reported to the CDC.

To date, the few studies on the issue of e-cigarettes with nicotine are mixed as to whether these can help smokers stop smoking. They are not currently approved by the FDA as a quit smoking aid. The FDA is regulating e-cigarettes and no one under age 18 can purchase them. Sellers are to check IDs of anyone

under 27 years of age. There are concerns about flavored products which can entice children and teens and so far these are not regulated.

The CDC has the following recommendations:

It is important to not buy products from informal sources (e.g. friends, family members, illicit dealers) as these may contain unknown chemicals.

These products should never be used by youths, young adults, or women who are pregnant.

There is no safe tobacco product.