

**8. E-cigarettes make it easier for kids and first-timers to try smoking.**

- E-cigarettes come in many flavors. The flavors may make them easier to try.
- Some of the flavors – such as grape, strawberry and fruit punch – look like they are made to attract kids!
- The sweet flavors still have nicotine.
- Once a person gets hooked on the nicotine in an e-cigarette, they may try other tobacco products too.



E-cigarettes are advertised as a safe way to smoke. But is that really true? Look inside to get the facts. To learn more, visit: [BeTobaccoFree.gov](http://BeTobaccoFree.gov)

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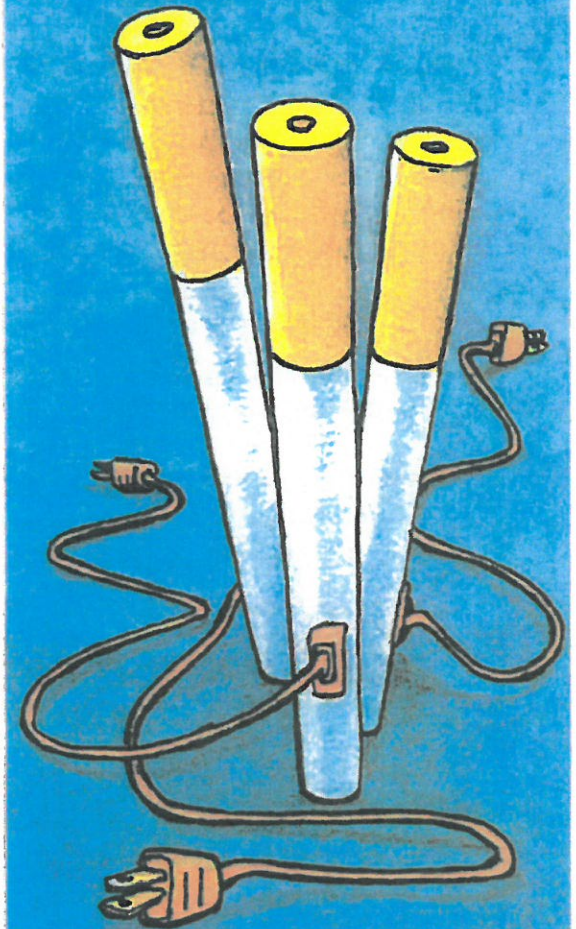
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GET THE FACTS

# E-cigarettes

## 8 Things Everyone Should Know



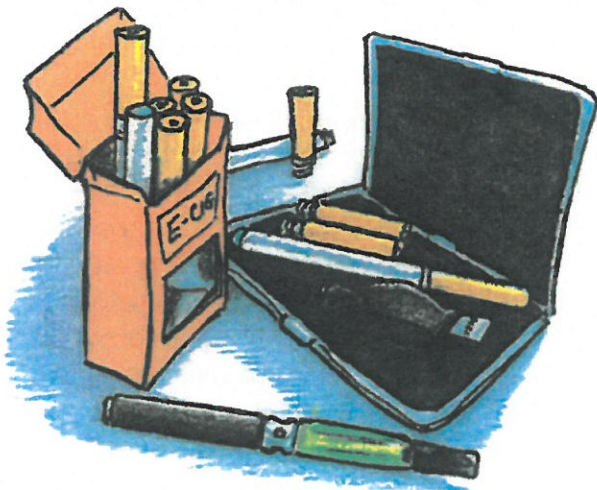
NICOTINE IS ADDICTIVE

## E-CIGARETTES: 8 THINGS EVERYONE SHOULD KNOW

E-cigarettes are advertised as a safer cigarette. But is this really true? Here is what you need to know about e-cigarettes.

### 1. E-cigarettes (or electronic cigarettes) are battery-operated devices people use to inhale nicotine.

- They often look like regular cigarettes.
- They give off a vapor instead of smoke. The vapor comes from heating a liquid.
- The liquid usually has nicotine and other chemicals.



### 2. The nicotine in e-cigarettes is addictive.

- Most e-cigarettes have nicotine, just like regular cigarettes and other tobacco products.
- Nicotine is very addictive.
- Once you start, it is very hard to stop.

### 3. The chemicals in e-cigarettes may harm your health.

- Tests show some e-cigarette liquids have toxins such as antifreeze.
- Tests have found other chemicals too. Some of them are known to cause cancer.

### 4. Nicotine poisoning is a risk.

- Pure nicotine is a poison that can kill.
- There are no rules for safety labels or childproofing on e-cigarettes or the liquid refill packs.
- This puts children and pets at risk.



### 5. E-cigarettes are not regulated.

- The nicotine and other chemicals in one brand can be much higher or lower than in another.
- Tests have shown nicotine is in some brands that claim to be nicotine-free.
- People who buy them do not know what they are really getting.

### 6. The health effects are not known.

- E-cigarettes are very new. No one really knows how harmful they are.
- Long-term studies on the health effects have not been done.
- There is no proof that the vapor is safe for the person smoking, or for those who breathe the secondhand vapor.



### 7. E-cigarettes can keep you hooked on tobacco.

- People who sell e-cigarettes claim they can help a person stop smoking. But there is no proof this is true.
- In fact, some studies suggest they may keep smokers hooked.
- They may also cause people who have quit smoking to start again.

