

CAN E-CIGARETTES HELP YOU QUIT SMOKING?

Tobacco Free Florida recommends using quit aids approved by the Food and Drug Administration. There are seven FDA-approved cessation aids and medications that are proven safe and effective when used as directed:

- Three types of nicotine replacement therapy (NRT) are available without a prescription: the patch, gum and lozenge.
- Two types of NRT are available with a prescription: the nicotine inhaler and nasal spray.
- There are two non-nicotine prescription medications: Bupropion (commonly known by the brand name Wellbutrin) and Varenicline (commonly known by the brand name Chantix).

LET US HELP YOU QUIT TODAY!

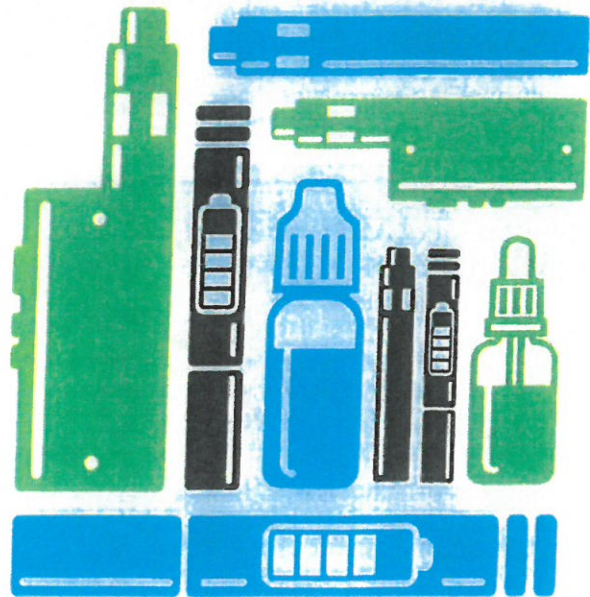
Tobacco Free Florida offers free cessation services that can increase your chances of quitting.

These services provide **free FDA-approved nicotine replacement therapy**, if medically appropriate and while supplies last.



TobaccoFreeFlorida.com
1-877-U-CAN-NOW
1-877-822-6669

VAPING, E-CIGARETTES & HOOKAH PENS



WHAT ARE E-CIGARETTES?

Electronic cigarettes are devices that deliver aerosol to the user by heating a liquid. There are many varieties and flavors of "e-liquids," many of which contain nicotine.

The aerosol that e-cigarettes emit is not tobacco smoke, but it is not harmless. Studies have shown that probable cancer-causing chemicals, such as formaldehyde and acetaldehyde, are measurable from some e-cigarette aerosol. Bystanders exposed to e-cigarette aerosol can also absorb its nicotine.

E-CIGARETTE PRODUCTS

E-cigarettes range from smaller conventional cigarette lookalikes to more powerful devices that deliver more aerosol per inhalation. The e-cigarette product line continues to grow with time - there are more than 460 brands currently on the market, with varying chemicals used in e-liquids.

E-liquids come in a variety of flavors and nicotine doses. Though it comes in a small bottle, liquid nicotine can be dangerous. Exposure to liquid nicotine by swallowing or contact with the skin can result in nausea and vomiting, respiratory arrest, seizures or even death.

E-CIGARETTE INGREDIENTS

Many e-liquids contain nicotine, which is a highly addictive chemical. Nicotine addiction is the fundamental reason people persist in using tobacco, which remains the leading cause of preventable disease and death in the United States.

Studies have found harmful chemicals in some e-cigarettes. These substances include traces of metal, volatile organic compounds and nitrosamines, which are carcinogenic.

TYPES OF E-CIGARETTES



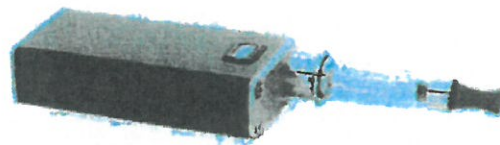
"Minis" or "Cigalikes"

Similar appearance to conventional cigarettes
Pre-packaged e-liquid



"Mid-sized" products

Include vape pens and hookah pens
E-liquid inserted by user



"Tanks" or "Mods"

Larger and more customizable products
Dispense aerosol when button is pressed
E-liquid inserted by user

E-CIGARETTES SHAPED LIKE USB FLASH DRIVES: INFORMATION FOR PARENTS, EDUCATORS, AND HEALTH CARE PROVIDERS

Electronic cigarettes (e-cigarettes) are battery-powered devices that can deliver nicotine and flavorings to the user in the form of an aerosol. E-cigarettes come in many shapes and sizes.



WHAT'S THE BOTTOM LINE?

A new e-cigarette shaped like a *USB* flash drive is being used by students in schools.

Nicotine is highly addictive and can *harm brain development*, which continues until about age 25.

The use of any tobacco product — including e-cigarettes—is *unsafe* for young people.

Parents, educators, & health care providers can help prevent and reduce the use of all tobacco products, including e-cigarettes, by young people.

>> *Learn HOW* in this fact sheet.

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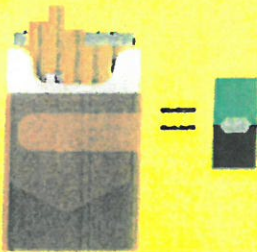
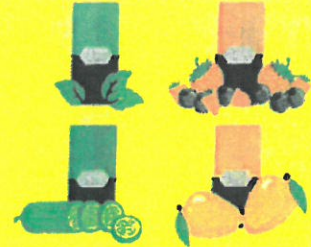
U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

AN INCREASINGLY POPULAR E-CIGARETTE DEVICE, CALLED JUUL, IS SHAPED LIKE A USB FLASH DRIVE.

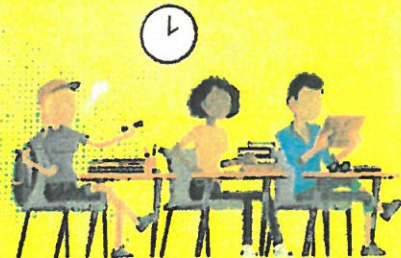


Use of JUUL is sometimes called "JUULing."

JUUL's nicotine liquid refills are called "pods." JUUL is available in several flavors such as Cool Cucumber, Fruit Medley, Mango, and Mint.



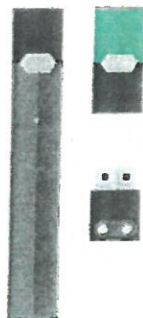
All JUUL e-cigarettes have a high level of nicotine. According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes.



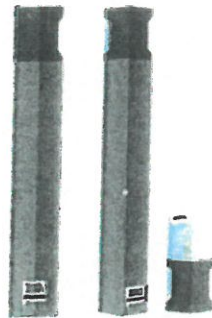
JUUL became available for sale in the United States in 2015. As of December 2017, JUUL is the top-selling e-cigarette brand in the United States.

News outlets and social media sites report widespread use of JUUL by students in schools, including in classrooms and bathrooms.

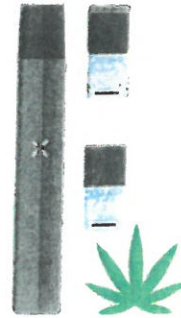
Other devices are becoming available that look like USB flash drives. Examples include the MarkTen Elite, a nicotine delivery device, and the PAX Era, a marijuana delivery device that looks like JUUL.



JUUL



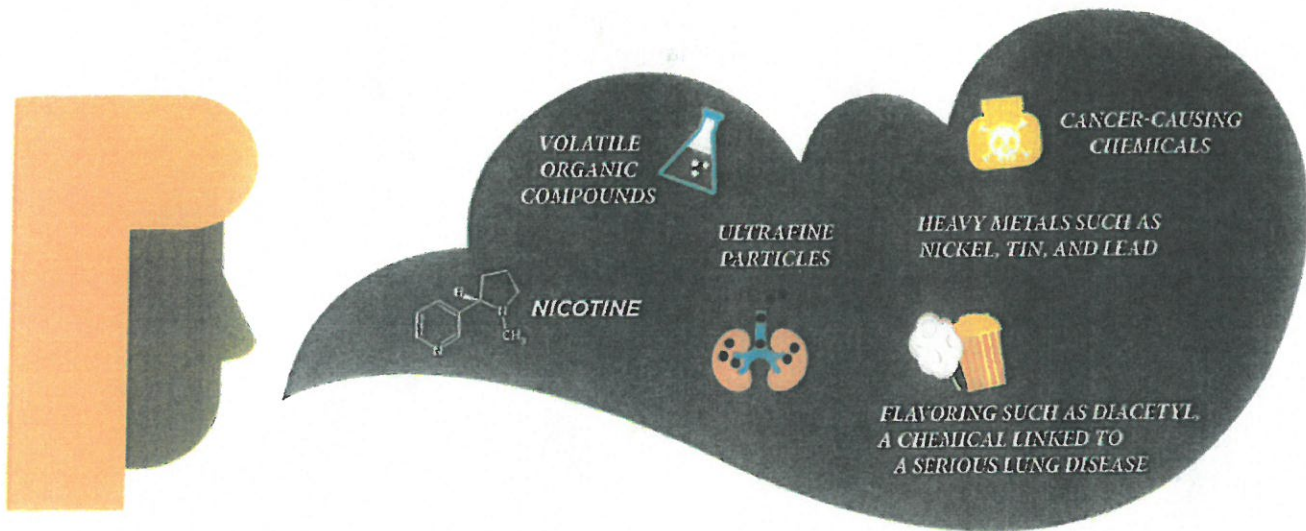
MarkTen Elite



PAX Era

E-CIGARETTE USE IS NOT SAFE FOR YOUNG PEOPLE.

E-cigarette aerosol is not harmless. It can contain harmful ingredients. However, e-cigarette aerosol generally contains fewer harmful chemicals than smoke from burned tobacco products, like regular cigarettes.



Most e-cigarettes contain *nicotine*, which is highly addictive and can *harm brain development*, which continues until about *age 25*.

YOUNG PEOPLE WHO USE E-CIGARETTES MAY BE MORE LIKELY TO GO ON TO USE REGULAR CIGARETTES.



PARENTS, EDUCATORS, AND HEALTH CARE PROVIDERS CAN HELP PREVENT AND REDUCE THE USE OF E-CIGARETTES BY YOUNG PEOPLE.



PARENTS CAN:

- » Learn about the different shapes and types of e-cigarettes and the risks of all forms of e-cigarette use for young people.
- » Talk to their children about the risks of e-cigarette use among young people. Express firm expectations that their children remain tobacco-free.
- » Set a positive example by being tobacco-free.



EDUCATORS CAN:

- » Learn about the different shapes and types of e-cigarettes and the risks of all forms of e-cigarette use for young people.
- » Develop, implement, and enforce tobacco-free school policies.
- » Reject youth tobacco prevention programs sponsored by the tobacco industry. These programs have been found to be ineffective for preventing youth tobacco use.



PEDIATRIC HEALTH CARE PROVIDERS CAN:

- » Ask about e-cigarettes, including devices shaped like USB flash drives, when screening patients for the use of any tobacco products.
- » Warn patients about the risks of all forms of tobacco product use, including e-cigarettes, for young people.

**PARENTS,
EDUCATORS, AND
HEALTH CARE
PROVIDERS
CAN HELP**



E-cigarette and Liquid Nicotine Resources

- Center for Disease Control & Prevention (CDC)

www.cdc.gov

- Drug Enforcement Agency (DEA)

www.dea.gov

- U.S. Food & Drug Administration

<https://www.fda.gov/ForConsumers/ByAudience/ForKids/default.htm>

- Florida Poison Information Center Tampa

www.poisoncenterflorida.org

- The Real Cost

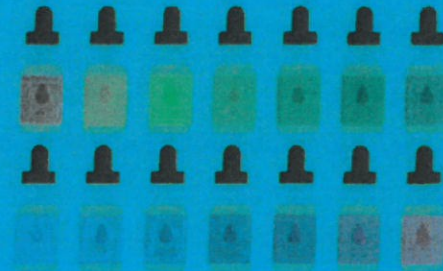
www.therealcost.gov

- Tobacco Free Florida

www.tobaccofreeflorida.com

- Truth Initiative

www.truth.com



Commercials:

E-cigarette company puts Viagra and Cialis
in its Vaping Liquids

<http://tiny.cc/4715zy>

Vaping is an Epidemic FDA

<http://tiny.cc/4815zy>



POISON
Help
1-800-222-1222