



What You Need to Know About E-cigarettes: For Middle and High School Students



Most e-cigarettes and all JUULs contain nicotine.
Nicotine is addictive and can be harmful to your brain and health.
You should not vape or use any tobacco products.



What are e-cigarettes?

E-cigarettes are electronic devices that heat liquid flavors and chemicals (e-juice). They create an aerosol, which is a mix of small particles that you inhale. You may have heard e-cigarettes being called:

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| JUUL (a brand of e-cigarettes) | Hookah pens |
| E-cigs | Vape pens |
| ENDS (electronic nicotine delivery systems) | Vape mods |
| ANDS (alternative nicotine delivery systems) | Vaporizers |
| E-hookahs | Vapes |
| | Tank systems |

What is vaping?

People sometimes call using an e-cigarette vaping because they think e-cigarettes make a vapor. What they really make is an aerosol, which is different from a vapor. It's important to know the aerosol can be harmful to you.

Is JUULing different than vaping?

No. JUUL is a brand of e-cigarettes. **Most e-cigarettes have very high levels of nicotine. Nicotine can be very addictive.** It can harm your brain growth, especially if you are a teenager. Any e-cigarette that has nicotine can be addictive, but JUUL and many copycats use a type of nicotine and a device that **may be more addictive than some other types of e-cigarettes** because of the liquid used and the way they work.

How can e-cigarettes be harmful?

- **Most e-cigarettes and all JUULs have nicotine.** Nicotine comes from tobacco and is very addictive. **Some research shows that vaping could make you addicted to nicotine and make you want to use other, more harmful tobacco products like regular cigarettes.**
- It's important to know that all tobacco products, including e-cigarettes, can cause health problems.
- Serious lung illnesses have been reported in some people using e-cigarettes, especially in those who vaped THC (the mind-altering chemical in marijuana) and vitamin E acetate in products that were bought on the street. Some of these people have even died.
- It is illegal for stores to sell any tobacco product, including e-cigarettes, to anyone under age 21.
- **Do not buy e-cigarette products or e-juice off the street. Do not change a vaping device in any way, and do not add anything to it.**
- When a person vapes, other people around them can breathe in the aerosol, which can be harmful to their health.
- E-cigarettes can explode if the battery is not working well or is not used in the right way.
- Scientists still need to find out what the harms of using e-cigarettes might be when they are used over a long period of time.

If you, a friend, or family member uses e-cigarettes or other tobacco products, talk to a doctor about quitting.
Avoid being around people when they are using tobacco products, including e-cigarettes.

For more information, answers, and support, visit the American Cancer Society website at www.cancer.org or call us at 1-800-227-2345.