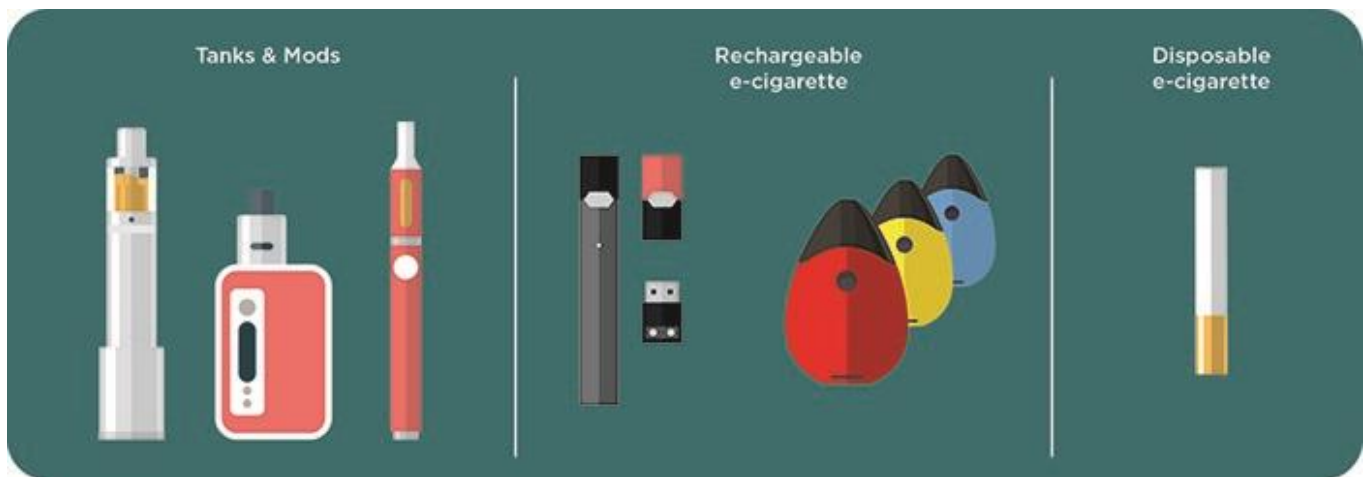


Frequently Asked Questions (FAQ): E-Cigarettes

E-cigarette use in New York City (NYC) has increased among youth. In 2017, 17.3% of NYC high school students reported using e-cigarettes, making e-cigarette use over three times as common among high school students as cigarette use (5.0%). This is a major health concern. This FAQ will help you learn about E-cigarettes and talk with your children.

What are e-cigarettes and vaping products?

- E-cigarettes are devices that heat a liquid, called e-liquid, into an aerosol that the user can inhale. They can also be called e-cigs, e-hookahs, vapes, or vape pens. Using an e-cigarette is often called vaping.
- E-liquids do not contain tobacco, but they almost always contain flavors, chemicals and nicotine, which is addictive.
- E-cigarettes also come in many shapes and sizes. A popular e-cigarette, JUUL, is shaped like a USB flash drive. Some devices may be harder to detect than others.
- E-liquid refills are called pods. One JUUL pod has the same amount of nicotine as a whole pack of cigarettes. Using a JUUL is often called JUUL-ing.



Types of E-Cigarettes

What are the risks of nicotine exposure for teens?

- Nicotine is very addictive, especially for teens.
- Nicotine can change the chemistry of the teen brain. It may affect learning by making their memory and focus worse.
- Youth who use e-cigarettes are more likely to try cigarettes.

What other risks are associated with e-cigarette use?

- E-liquid ingredients are not closely regulated, and the long-term effects of e-cigarette use are unknown.
- The aerosol from heated e-liquids can contain harmful chemicals, flavoring, and heavy metals. Some of these chemicals are linked to cancer and lung disease.
- Children and adults can be poisoned by swallowing e-liquid or absorbing it via their skin or eyes.

Why are e-cigarettes so popular among youth?

E-cigarettes come in a variety of sweet flavors which appeal to youth. E-cigarette companies, some of which are owned by tobacco companies, developed products that are addictive and appealing to children. These companies have created hundreds of candy and fruit flavored e-liquids that make e-cigarettes seem harmless, but they are not.



Flavored JUUL pods

As a parent, what can I do?

- Learn about e-cigarettes and the different types of products youth are using.
- Talk to your children about the risks of using e-cigarettes.
- Ask your child what they have heard about vaping and if any of their friends are vaping.
- Encourage an open, ongoing conversation.
- Avoid criticizing your child, but explain your concerns about vaping.

Where can I find more information about e-cigarettes?

- For more resources, including tips on talking with your kids, **visit [nyc.gov/health](https://www.nyc.gov/health)** and search for **e-cigarettes**