

Dangers of E-Cigarettes/ Vaping

What is an E-Cigarette?

E-Cigarettes are designed to mimic cigarette or cigar smoking using vapor instead of smoke. Most common E-Cigarettes sold contain **Nicotine**. They employ a heating factor that vaporizes liquid letting the user to inhale it.

Vape: a toxic or harmful oily liquid

Most Common Types of E-Cigarettes & Vaping Devices



FACT 1

Nicotine can harm teenage brain growth, which continues into the early to mid-20s.



FACT 3

Vaping can expose your lungs to these harmful metals:

- nickel
- lead
- tin



FACT 2

Almost all of high school cigarette smokers (70%) also use vaping products.

FACT 4

Using Nicotine as a teen can harm the parts of the brain that:

- Control attention
- Learning
- Mood
- Impulse Control



FACT 5

In the U.S. there have been 2,807 hospitalized cases of major lung issues linked with vaping products. Resulting in 68 deaths as of Feb 2020.

What is Nicotine Removal?

Nicotine removal is the physical symptoms you feel when nicotine leaves your body. Most people notice that the need for nicotine will fade or be gone after about 2 to 4 weeks.

Symptoms of Nicotine Removal:

- Headaches
- Anger
- Need for nicotine
- Increased sweating
- Feeling sad, down, or worried
- Having trouble sleeping
- Having trouble thinking clearly

What You Can Do?

Make a Plan To Quit:

- Set a quit date
- Decide how you want to quit
- Build your team; someone to help
- Prepare yourself for after



Get Support:

A support group or a buddy can help you with the struggles of stopping.



Learn more at:

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html

Nicotine addiction is preventable, avoid falling into peer pressure.

Michigan Poison & Drug Information Center
www.mipoisonhelp.org CALL 1-800-222-1222

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