

# Vaping

## What is vaping?

**Vaping is when someone inhales an aerosol made from heating up an e-liquid.**

E-liquids are flavored liquids used in vaping devices – they commonly have nicotine, THC (from marijuana), flavorings, and preservatives.

E-liquid flavors can be attractive to young children, who may be tempted to drink it. This is very dangerous and **just 1 teaspoon can be fatal.**

## Types of vaping device systems:

### Single-use

Come prefilled with e-liquid and get thrown out when used up.

### Pod or cartridge-based

Reusable and refilled with e-liquid cartridges.

### Refillable tank systems

Reusable and has a tank that can be refilled over and over with flavored e-liquid.

## The health risks

- E-liquid turns into an aerosol that causes chemicals to stick to your lungs. These chemicals build up and can **cause severe lung illness within a few weeks.**
- Vaping aerosol contains some of the same dangerous chemicals as cigarette smoke. **These chemicals are known to cause cancer.**

## Let's clear the air

- One cartridge, or pod, of nicotine salts has the **same amount of nicotine as a whole pack of cigarettes (20 cigarettes)** and can be just as addictive.
- **Vaping is not the best option for someone trying to quit smoking.** Stick to FDA-approved methods such as medications, patches, gums, and lozenges. A cessation coach or counselor can be helpful too!



Vaping devices come in many shapes and sizes to appeal to users. **Know what to look for and talk to your kids about the dangers of vaping.**

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