

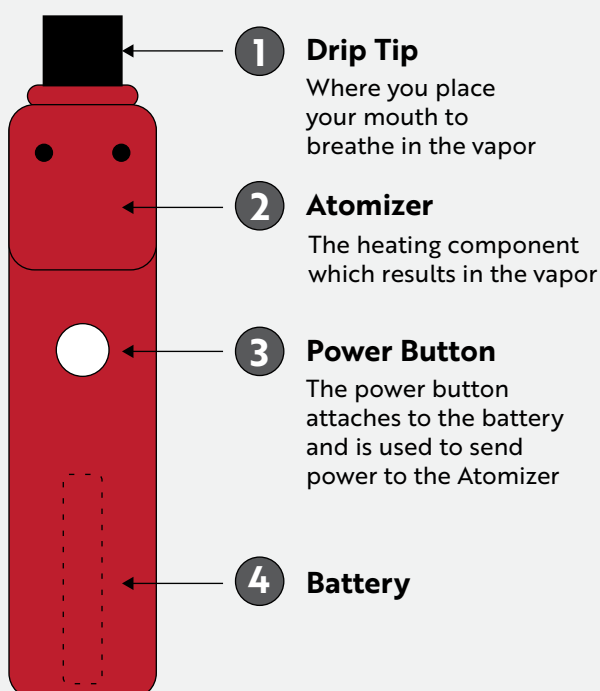
# The 101 on e-cigarettes



Vaping is becoming an increasing epidemic among teens. In 2023, e-cigarette use nearly doubled in high school students.

## What is vaping?

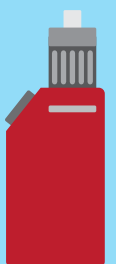
Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, which is produced by an e-cigarette or similar device. The term is used because e-cigarettes do not produce tobacco smoke, but rather an aerosol often mistaken for water vapor., that actually consists of fine particles. Many of these particles contain varying amounts of toxic chemicals, which have been linked to heart and respiratory diseases and cancer.



## What is an e-cigarette?

Electronic cigarettes (e-cigarettes) are battery powered devices that can deliver nicotine and flavorings to the user in the form of an aerosol. Most have a battery, a heating element, and a place to hold a liquid or nicotine salts. Flavors that make e-cigarettes so appealing can have toxic effects themselves, although they are GRAS (generally regarded as safe) when ingested in food or drinks.

e-cigarettes come in many shapes and sizes...



Noting this unprecedented spike in e-cigarette use in teenagers, in December of 2023, the U.S. Surgeon General issued an advisory for parents, teachers, and health professionals about the negative health consequences of e-cigarettes in kids.

## What can parents do?

Do not use any tobacco products  
Talk to your kids about the dangers of smoking and e-cigarettes  
Educate your kids that e-cigarettes contain nicotine, a HIGHLY addictive substance.