

## Important Facts to Know About E-Cigarettes and Vaping

- E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold liquid containing nicotine.
- E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine (the addictive chemicals in regular cigarettes, cigars, and other tobacco products). Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air.
- E-cigarettes are known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems (ENDS).”
- Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens, USB sticks, and other everyday items. Larger devices such as tank systems, or “mods,” do not resemble other tobacco products.
- Using an e-cigarette is sometimes called “vaping.”
- E-cigarettes can be used to deliver marijuana and other drugs.
- In addition, acute nicotine exposure can be toxic. Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.
- Types of E-Cigarettes:



- Links for More Information:
  - <https://www.etr.org/store/product/vaping-dont-get-taken-in-poster-laminated/#gallery>
  - <https://www.etr.org/store/product/e-cigarettes-10-things-to-know-about-vaping-poster-laminated/#gallery>
  - <https://e-cigarettes.surgeongeneral.gov/documents/surgeon-generals-advisory-on-e-cigarette-use-among-youth-2018.pdf>
  - [https://e-cigarettes.surgeongeneral.gov/documents/SGR\\_ECig\\_ParentTipSheet\\_508.pdf](https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf)