



E-cigarettes and vaping

Facts about e-cigarettes and vaping

E-cigarettes, personal vaporizers, vape pens, e-cigars, pod systems, e-hookah, or vaping devices, are products that produce an aerosolized mixture containing flavored liquids and nicotine that are inhaled by the user. These products have exploded in popularity and are increasingly being used by both adolescents and adults. They are NOT a safe alternative to cigarette smoking.

See the reverse side for information about dangers to youth.

There is no evidence that these devices are helpful in quitting smoking; they are not regulated nor approved for smoking cessation by the US Food and Drug Administration (FDA). The long-term health effects to users and bystanders are not known. The solutions in these devices contain harmful chemicals, some of which have been known to cause cancer.

Dangers to youth

- E-cigarettes are the most commonly used tobacco products among teens. In 2018, over 20% of high school students reported having used them in the last 30 days.
- Nicotine found in e-cigarettes is addictive and can harm the developing brain of adolescents.
- Youth who use e-cigarettes are more likely to smoke traditional cigarettes in the future.
- It only takes a small amount of the liquid nicotine used in these devices can be deadly to small children (less than ½ a teaspoon).
- Vaping-associated pulmonary injury was initially described in 2019. This respiratory illness can be severe and life-threatening.

For more information, visit
[cardinalglennon.com](https://www.cardinalglennon.com)

All of our facilities have implemented enhanced safety measures. These may include requiring all individuals to be screened for symptoms and requiring face masks for all upon entry. This will ensure you and your family are protected every step of the way.

