
E-Cigarettes/Vaping

What You Need to Know



What are E-cigarettes?

E-cigarettes are battery-powered devices that deliver nicotine, flavorings, and other additives to users by heating a liquid to produce an aerosol that is inhaled. They are also called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and electronic nicotine delivery systems (ENDS). Use of e-cigarettes is commonly known as “vaping”. They look like regular cigarettes, cigars, pipes, pens, USB sticks, and other everyday items. E-cigarettes are also used to inhale marijuana, cannabinoid oils (CBD) and illicit drugs.

What are the health effects of E-cigarettes?

The long-term effects of e-cigarette use is still being researched; however, some key facts include:

- Most e-cigarettes contain nicotine, which has known health effects. Nicotine is:
 - Highly addictive
 - Dangerous for pregnant women and their developing babies
 - Harmful to adolescent brain development, which continues into the early to mid-20s
 - Nicotine exposure during adolescence can be long-lasting and may result in lower attention, impulse control, mood disorders, and addiction
 - Some e-cigarette products can contain as much nicotine as a pack of 20 regular cigarettes
- E-cigarettes can cause unintended injuries from fires and explosions caused by defective e-cigarette batteries.
- Besides nicotine, e-cigarette aerosol can contain substances that harm the body, such as cancer-causing chemicals and tiny particles that reach deep into the lungs.
- Recent cases of severe pulmonary disease are associated with e-cigarette use and vaping.

What are other risks of E-cigarettes and vaping for youth?

- E-cigarettes are the most commonly used tobacco product among middle and high school students in the United States.
- E-cigarettes appeal to youth since available in kid-friendly flavors and are marketed to young adults.
- They are easy to hide and may look like everyday devices such as a USB stick or pen.
- Many youth believe e-cigarettes do not contain nicotine and are safer than conventional smoking.
- Young people who use e-cigarettes may be more likely to smoke cigarettes in the future.
- E-cigarettes can also be used to deliver marijuana and other drugs.

Are E-cigarettes safer than regular cigarettes?

E-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products. They are not currently approved by the U.S. Food and Drug Administration (FDA) as a quit smoking aid.

E-cigarette aerosol generally contains fewer toxic chemicals than regular cigarettes. However, they can contain harmful and potentially harmful substances, including nicotine, heavy metals like lead, volatile organic compounds, and cancer-causing agents.

Are E-cigarettes regulated?

In August 2016, the FDA's regulatory authority was extended to cover e-cigarettes. FDA has authority to develop regulations that address the manufacturing, marketing, and sale of e-cigarettes. States and local communities may also adopt strategies to prevent e-cigarette use. In September 2019, Michigan became the first state to ban sale of flavored nicotine vaping products that attract youth.

What do we know about lung injury related to E-cigarette use or vaping?

- The Centers for Disease Control and Prevention (CDC), FDA, state and local health departments, and other partners are investigating a multistate outbreak of lung injury associated with e-cigarette product use, or vaping.
- The investigation has not identified any specific product or substance linked to all cases. Many cases suggest products containing tetrahydrocannabinol (THC), which is found in marijuana products, plays a key role.
- Investigated patients have reported symptoms such as: cough, shortness of breath, or chest pain; nausea, vomiting, or diarrhea; fatigue, fever, or abdominal pain. A lung infection does not appear to be causing symptoms.

How can I prevent my child from using E-cigarettes or to help them stop?

- Set a good example by being tobacco-free and ensure that your child is not exposed to the secondhand emissions from any tobacco products, including e-cigarettes
- Talk to your child or teen about why e-cigarettes are harmful
- Let your child know you want them to stay away from all tobacco products, including e-cigarettes
- Teens can text "Start My Quit" – 1-855-891-9989 to receive free text-based help to quit vaping
- Adults can call the MI Tobacco Quitline at 1-800-QUIT-NOW



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