What are E-Cigarettes?
- E-cigarettes are battery powered smoking devices that can be recharged and reused.
- Like regular cigarettes, the user breathes in heated nicotine vapor from one end.
- E-cigarettes have not been proven to help people quit smoking.

What is Inside an E-Cigarette?
- E-cigarettes vapor contains more than just water, including nicotine, heavy metals, ultra-fine particulates and cancer causing agents like acrylamide.
- Nicotine is a poison that can be dangerous even in small amounts.
- E-cigarettes can also contain flavors like propylene glycol or glycerin which have not been studied for safety if inhaled.

What are the Known Health and Safety Risks of E-Cigarettes?
- The long term health effects of E-cigarette usage have not been well studied.
- Exposure to nicotine and secondhand vapor from E-cigarettes is dangerous for pregnant women and their fetuses as it impairs brain and lung development.
- Nicotine is especially dangerous for children. Ingesting, inhaling or coming in contact with the liquid nicotine can have serious health effects and can lead to death.
- Nicotine in E-cigarettes and E-cigarette vapor is highly addictive and can impact brain development in adolescents.
- E-cigarette batteries can explode, during charging, leading to injury.
- Secondhand vapor exposure from E-cigarette use may still pose health risks.

WARNING: Nicotine Refills
- Nicotine refill cartridges for E-cigarettes can be dangerous if ingested or if liquid nicotine comes in contact with skin.

What Can I Do to Keep Safe?
- Get help to quit smoking. Contact your state quit line by calling 1-800-QUIT-NOW (1-800-784-7669).
- Talk to your children about the risks of smoking. Both E-cigarettes and regular cigarettes are marketed to youth through colorful packaging and appealing flavors.
- Carefully follow product instructions for charging and disposing of E-cigarettes.
- Keep E-cigarettes and liquid nicotine secure and away from children.
- If your child ingests even a small amount of liquid nicotine, call your state poison control center immediately at 1-800-222-1222.