



E-Cigarettes and Vaping

COMMUNITY ALLIANCE FOR PREVENTION
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MYTHS

VS.

FACTS

“It’s just flavoring!”



E-cigarettes get their flavors from chemicals. While these flavorings are safe to eat in food, they’re not safe to inhale. Inhaling chemicals can harm your lungs.

Some e-cigarette flavors contain the chemical diacetyl. Diacetyl has been linked to “popcorn lung,” a lung disease that doesn’t have a cure. (FDA)



“My vape says it’s nicotine-free. There’s no way I’ll become addicted.”



99% of e-cigarette products contain nicotine. E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine (the addictive drug in regular cigarettes, cigars, and other tobacco products), flavorings, and other chemicals that help create the aerosol. (Johns Hopkins Bloomberg School of Public Health)

“I don’t have an addictive personality. I won’t get hooked on vapes.”



Vaping delivers nicotine to the brain in as little as 10 seconds. A teen’s brain is still developing, making it more vulnerable to nicotine addiction. (FDA)



“Nicotine isn’t that bad for me.”



Nicotine exposure during the teen years can disrupt normal brain development. It can also have long-lasting effects, like increased impulsivity and mood disorders. (US Dept. of Health & Human Services)

“It’s just water vapor!”



Vaping can expose the user’s lungs to harmful chemicals like formaldehyde, diacetyl, acrolein and arsenic as well as toxic metal particles like nickel, tin and lead. (FDA)

● **A SMALL DEVICE - A BIG RISK** ●

82% OF OUR STUDENTS ARE E-CIGARETTE-FREE (30-DAY USE RATE)*

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