

8. **E-cigarettes make it easier for kids and first-timers to try smoking.**

- E-cigarettes come in many flavors. The flavors may make them easier to try.
- Some of the flavors – such as grape, strawberry and fruit punch – look like they are made to attract kids!
- The sweet flavors still have nicotine.
- Once a person gets hooked on the nicotine in an e-cigarette, they may try other tobacco products too.



Are e-cigarettes a safe way to smoke? Look inside to get the facts. To learn more, visit: [BeTobaccoFree.gov](http://BeTobaccoFree.gov)



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If you have questions or concerns, please talk with  
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GET THE FACTS

# E-Cigarettes

## 8 Things Everyone Should Know



**NICOTINE IS ADDICTIVE**

## E-CIGARETTES: 8 THINGS EVERYONE SHOULD KNOW

Many people think that e-cigarettes are a safe way to smoke. But is this really true? Here is what you need to know about e-cigarettes.

### 1. **E-cigarettes (or electronic cigarettes) are battery-operated devices people use to inhale nicotine.**

- They often look like regular cigarettes.
- Instead of smoke, the user inhales and exhales a vapor. The vapor comes from heating a liquid.
- The liquid usually has nicotine and other chemicals.



### 2. **Nicotine is not harmless.**

- Nicotine is very addictive. Once you get hooked, it is very hard to stop.
- It can harm a person's blood vessels and increase the risk of heart disease.
- Nicotine affects insulin levels in the body. This can be especially harmful for people with diabetes.

### 3. **E-cigarettes contain toxic chemicals.**

- Many e-cigarette flavors use a chemical called diacetyl. Inhaling diacetyl can cause serious lung problems.
- Many e-cigarettes have other toxic chemicals as well. Some of them are known to cause cancer.



### 4. **Nicotine poisoning is a risk.**

- Liquid nicotine is poisonous when swallowed or absorbed through the skin.
- This puts children and pets at risk.

### 5. **Nicotine levels can vary from brand to brand.**

- The nicotine and other chemicals in one brand can be much higher or lower than in another.
- People who use them may not know what they are really getting.

### 6. **The vapor is more than just water.**

- The vapor that comes from an e-cigarette is an aerosol mist full of small particles of nicotine and other harmful chemicals.
- When you breathe in or inhale the vapor from an e-cigarette, you are breathing in these chemicals.



### 7. **E-cigarettes can keep you hooked on tobacco.**

- Many people think that e-cigarettes can help them quit smoking.
- But in fact, some studies suggest that e-cigarettes may keep smokers hooked.
- They may also cause people who have already quit smoking to start again.

