



DON'T BE FOOLED!

Consumers don't know the potential risks or long-term health effects of e-cigarettes and vaping devices because none of these products have been fully studied and are not regulated for safety or health. What is known is that e-cigarettes and vaping devices contain a wide array of potentially dangerous chemicals and liquid nicotine is toxic, addictive, and not safe – especially for youth.



Examples of e-cigarette devices

What are e-cigarettes and vaping devices?

E-cigarettes and vaping devices are battery operated devices often designed to look like and be used in a similar manner to conventional tobacco products like cigarettes.¹ E-cigarettes are used to inhale a vaporized liquid solution that frequently contains nicotine, flavorings and other chemicals. Because the liquid solution is converted into an aerosol vapor, e-cigarette use is sometimes referred to as “vaping,” rather than smoking.



Photo: Public Health – Seattle

Toxic

- Studies have found that electronic smoking devices contain dangerous and cancer causing substances.^{2, 5}
- Liquid nicotine found in e-cigarette cartridges and refillable e-juices is highly toxic.³
- Many refillable liquid nicotine (e-juice) bottles come in easy to open packaging that is not child-resistant and could be deadly to kids, however these are available in thousands of flavors that appeal to kids such as candy, ice cream, and other treats.^{2, 4}
- The Washington Poison Center reports that many young kids are being poisoned by e-cigarettes by playing with vape pens, opening the liquid nicotine bottle and getting it on their hands, or drinking directly from liquid nicotine bottles.⁵



Gummy Bear flavor
e-cigarette juice

Addictive

- E-cigarettes and e-juices contain addictive levels of nicotine.⁶
- Nicotine is as addictive as heroin and cocaine.^{7, 8}
- Despite widespread claims by e-cigarette advocates, there is no scientific evidence that e-cigarettes help smokers to successfully quit traditional cigarettes or that they reduce consumption of traditional cigarettes.^{9, 10}
- E-cigarettes have NOT been proven safe or effective by the Food and Drug Administration as a quit smoking aid (cessation device).

Not Safe

- E-cigarettes and juice are not tested or regulated. You don't really know what you are getting inside these products.¹¹
- Nicotine affects the heart and central nervous systems, , raising the pulse and blood pressure.¹²
- Nicotine adversely affects maternal and fetal health during pregnancy, contributing to low birth weight, preterm delivery and stillbirth.¹³
- Teenage exposure to nicotine may harm brain development and predispose future tobacco use.^{14, 15, 16, 17, 19}
- The vapor emitted by an e-cigarette has been found to contain several cancer causing chemicals, such as formaldehyde, acetaldehyde, lead, nickel, and chromium.^{18, 19}
- Though the quantity of these harmful compounds contained in the vapor emitted by e-cigarettes is often less than what is found in conventional cigarette smoke^{18, 19} at least sodium, iron, aluminum, and nickel have been found in *higher* concentrations in emitted vapor than in cigarette smoke.^{18, 19}

Youth Use Rates are increasing in King County

E-cigarette use among youth is growing at an alarming rate both nationally and locally. In King County, youth e-cigarette use is now higher than the use of traditional cigarettes.

What you can do – Don't be Fooled:

1. Don't start using e-cigarettes; they are toxic, addictive and not safe.
2. Don't let your kids be fooled. Talk to your kids about the hazards of e-cigarettes.
3. If you use e-cigarettes keep your device and e-juice locked up and out of reach of children.
4. If you smoke and want to quit, use proven best practices that include counseling and medications proven safe and effective for quitting.

For more information visit: www.healthykingcounty.org/dontbefooled

Resources for quitting tobacco:

Getting help with quitting tobacco in Washington State: <http://www.doh.wa.gov/YouandYourFamily/Tobacco/HowtoQuit>

Asian Smokers' Quitline: <http://www.asiansmokersquitline.org/>

El Centro De La Raza (Beacon Hill – Seattle) 206-973-4404, <http://www.elcentrodelaraza.org>

CDC Quit Smoking Page: http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm