

VAPING AND E-CIG HARM-REDUCTION APPROACH

There is still not enough scientific evidence to determine how harmful e-cigs and vaping really is. If you are still using e-cigs/vaping, be sure to:

- **Avoid e-cigs bought "off the street"**
- **Stick with brand name e-cig products without modification (such as cannabis or other drugs).**

The CDC recommends:

- **Not using e-cigs or vaping products that contain THC.**
- **Avoiding informal sources, such as friends, family or online dealers, to obtain a vaping device.**
- **Modifying or adding substances to a vaping device that are not intended by the manufacturer.**

