

VAPING AND E-CIG MYTHS AND FACTS

Myth: E-cigs/vaping just produce a harmless water vapor.

Fact: E-cigs/vaping don't produce a vapor but an aerosol, a liquid that turns into gas but contains tiny particles, including toxins and chemicals known to cause lung disease and cancer. It is more than just water.

Myth: E-cigs/vaping can help people quit smoking.

Fact: Switching isn't quitting. Vapes/e-cigs contain nicotine and other cancer causing chemicals that can also lead to other severe health problems.

Myth: E-cigs/vaping don't contain nicotine and are safe to use.

Fact: All e-cigs/vapes sold in stores contain nicotine, the same highly addictive substance found in cigarettes. One vaping pod contains the same amount of nicotine as an entire pack of cigarettes. Even E-cigs advertised as "nicotine-free" still contain low levels of nicotine.

Myth: E-cigs/vaping is safer than smoking traditional cigarettes, and you can't get addicted.

Fact: All e-cigs contain nicotine which is a harmful and highly addictive drug. Young people who take up e-cigs/vaping are more like to smoke cigarettes a year later.

Myth: Vaping and E-cigs do not cause lung disease.

Fact: A recent influx of severe lung disease has arisen from inhaling e-cigs and/or vaping. Severe cases of lung disease have ended in death. As of December 2019, the National Centers for Disease Control (CDC) confirmed 54 deaths in patients with E-cig or Vaping product use Associated Lung Injury (EVALI). Using e-cigs and vapes containing THC has resulted in severe lung disease and even death.

