

QUICK FACTS

- Vaping involves the use of small, handheld, electronic devices called e-cigarettes.
- These devices heat a liquid until the liquid turns into vapor, which the person then breathes into their lungs.
- They are known by many names, such as vapes, vape pens, vape sticks, e-cigs, e-hookahs, mods, personal vaporizers, tank systems, and ENDS.

IS VAPING UNSAFE?

- Vaping is unsafe for everyone because it contains harmful substances like nicotine, which is highly addictive and harmful to developing brains.
- Nicotine affects the part of the brain that controls attention, learning, mood, and impulse.
- People who use e-cigarettes are more likely to smoke cigarettes in the future.
- Vaping is very popular with teenagers. More high school students use e-cigarettes than regular cigarettes, and there are more teens than adults who use vaping devices.
- Teens who use nicotine are more at risk for addiction to other drugs later in life.

HEALTH RISKS

- Addiction.
- Asthma.
- Depression, anxiety, and stress.
- Poisoning.
- Headaches.
- Dry or irritated mouth and throat.
- Impotence.
- Nausea
- Difficulty falling or staying asleep.
- Injuries from vaping-related fires.
- Chronic bronchitis.
- Damages to lungs and other organs.
- Disrupted brain development.
- Cancer.

SIGNS YOUR CHILD MAY BE VAPING

- New health issues, like coughing or wheezing.
- Finding e-cigarette supplies, like cartridges of liquid or other suspicious items.
- New smells. Sweet or fruity flavors are often added to many vaping liquids.

TAKE ACTION

If you or someone you love is vaping, the sooner you address the issue, the better the outcome. Reach out to your primary care physician, a mental health professional, or your child's pediatrician or school counselor. Remember that early intervention is always best for you or your loved one's health and well-being.

You can call 910-862-6900 today to speak to someone who can help.

This publication is supported by the Health Resources and Services Administration (HRSA) of the US Department of Health and Human Services (HHS) as part of an award totaling \$1,000,000 with 0% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by HRSA, HHS, or the US Government. For more information, please visit [HRSA.gov](https://www.hrsa.gov). Sources available upon request. ©2023