

WHAT IS VAPING?

Vaping is the inhaling of a vapor created by an electronic cigarette (**e-cigarette**) or other vaping device.

E-cigarettes are battery-powered smoking devices. They have cartridges filled with a liquid that usually has nicotine, flavorings, and chemicals. The liquid is heated into a vapor, which the person inhales. That's why using e-cigarettes is called "vaping."



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VAPING AND E-CIGARETTES



WHAT ARE THE HEALTH EFFECTS OF VAPING?

Vaping puts nicotine into the body. Nicotine is very addictive and can affect brain development. Because vaping is new, we don't know how it affects the body over time. We do know that the nicotine in e-cigarettes:

- Is very addictive.
- Can slow brain development in kids and teens. It can affect memory, concentration, learning, self-control, attention and mood.
- Can increase the risk of other types of addiction as adults.

E-cigarettes also:

- Irritate and damage the lungs.
- Can lead to smoking cigarettes and other forms of tobacco use.

Some people use e-cigarettes to vape marijuana, THC oil, and other dangerous chemicals. These drugs irritate the lungs and affect how someone thinks, acts and feels.

How Do E-Cigarettes Work?

There are different kinds of e-cigarettes. A popular e-cigarette many people may have heard of is the Juul®. It looks like a flash drive and can be charged in a computer's USB port. It makes less smoke than other e-cigarettes, so some teens use them at home and in school. The Juul's nicotine levels are similar to a cigarette's.

Is it Safer to Not Vape Every Day?

Even if someone doesn't vape every day, they can still get addicted. How quickly someone gets addicted varies. Some people get addicted even if they don't vape every day.

What About E-cigarettes That Don't Have Nicotine?

Most e-cigarettes do have nicotine. Even those that don't do have chemicals in them. These chemicals can irritate and damage the lungs. The long-term effects of e-cigarettes without nicotine are not known.

Help kids and teens who want to quit:

- Decide why they want to quit. Write it down or put it in their phone. They can look at the reason(s) when they feel the urge to vape.
- Pick a day to stop vaping. They can put it on the calendar and tell supportive friends and family that they're quitting on that day.
- Get rid of all vaping items.
- Download tools like apps and texting programs to their phone. They can help with cravings and give encouragement to stop vaping.

- Avoid triggers that make them want to vape. This can be staying away from situations and people who will be vaping.
- Come up with a way to say no when someone asks if you want to vape.
- Understand withdrawal. Nicotine addiction leads to very strong cravings for nicotine. It can also lead to:
 - headaches
 - feeling tired, cranky, angry, or depressed
 - trouble focusing
 - trouble sleeping
 - hunger
 - restlessness

The signs of withdrawal are strongest in the first few days after stopping. They get better over the following days and weeks.

What Else Can Parents Do?

Help kids learn the risks of vaping and take control of their health. You can:

- Suggest that your child look into local programs and websites that help people quit vaping. Your health care provider can help you and your child find the right support.
- Lend your support as your child tries to quit.
- Set a good example by taking care of your own health. If you smoke or vape, make the promise to quit.