

# E-CIGARETTES & VAPORIZERS

## THE REALITY & THE RISKS: SAFER DOES NOT MEAN SAFE

E-cigarette, or “e-cigs”, use is growing, quickly outnumbering traditional forms of tobacco use

E-cigs look like regular cigarettes, while others look like pens, pipes, and USB flash drives. Also known as “vapes”, “e-hookahs”, “mods” and “vape pens”



## VAPORIZERS & MARIJUANA

- Different types of smoking devices are on the market that allow the user to inhale the fumes or vapor from THC.
- Tetrahydrocannabinol or “THC”, is the chemical in marijuana that makes the user feel “high.”
- Vaporizers used to smoke marijuana concentrates, such as hash oil, or “wax” are identical to vaporizers used for tobacco products

## ADDITIVES AND FLAVORS

- Research shows 31% of youth identify flavors such as mint, and fruit as a primary reason for cigarette use.
- While some believe that e-cigarettes are safer than combustible cigarettes, the truth is that scientists are still learning about the long term health effects of e-cigarettes. Some ingredients in the aerosol can be harmful to the lungs.

## A CALL TO ACTION:

### PREVENTING THE USE OF E-CIGARETTES & TOBACCO

- ✓ Talk to youth about the **risks of e-cigarette use** in young people
- ✓ Set a **positive example** by being tobacco-free
- ✓ Advocate for tobacco prevention **education and restrictions on the sale of flavored products**
- ✓ Support **tobacco-free public space** initiatives that include e-cigarettes in your local schools and parks
- ✓ Support local **Tobacco-21 initiatives** in your community, that will raise the minimum buying age for all tobacco products to 21 years old

#### FOR MORE INFORMATION:

[delawarehealth.org/tobacco-free-delaware-county](http://delawarehealth.org/tobacco-free-delaware-county)  
[drug-freedelaware.org](http://drug-freedelaware.org)  
[delawarehealth.org/partnership-for-healthy-delaware](http://delawarehealth.org/partnership-for-healthy-delaware)  
[fda.gov/TobaccoProducts/PublicHealthEducation/ProtectingKidsfromTobacco/ucm405173.htm](http://fda.gov/TobaccoProducts/PublicHealthEducation/ProtectingKidsfromTobacco/ucm405173.htm)  
[cdc.gov/tobacco/basic\\_information/e-cigarettes](http://cdc.gov/tobacco/basic_information/e-cigarettes)

