E-cigarettes

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• E-cigarettes are devices that heat liquid into aerosol (mist). When people use e-cigarettes (also called vaping), they inhale this aerosol.

• E-cigarette liquids (e-liquids) do not contain tobacco, but almost always contain flavorings and nicotine, which is addictive.

• The U.S. Food and Drug Administration (FDA) does not closely monitor or test e-cigarette ingredients, so chemicals in e-liquids can differ greatly.

• In New York City it is illegal to use e-cigarettes wherever smoking is not allowed, including at City parks and beaches.
E-cigarettes and Youth

- The popularity of e-cigarettes among youth is alarming. E-cigarette companies often market and appeal to youth by using candy and fruit flavors.

- Youth who use e-cigarettes are more likely to try cigarettes later.

- E-cigarettes almost always contain nicotine, which can negatively affect a teenager’s memory and concentration, and may decrease learning ability.

- If you are a parent, talk to your children about the risks of using e-cigarettes. Encourage an open, ongoing conversation.

One pod (or refill) of e-liquid can contain as much nicotine as a whole pack of cigarettes. E-cigarettes can also be used with cannabis.
We do not know the long-term effects of using e-cigarettes, but the aerosol from heated e-liquids can contain harmful chemicals, such as:

- Formaldehyde and benzene, which can cause cancer
- Diacetyl from flavoring, which is linked to lung disease
- Heavy metals, such as nickel, tin and lead

Other people nearby can breathe in these chemicals in the air.

Defective e-cigarette batteries can cause fires and explosions, which have led to serious injuries and even death.
Quit Smoking

E-cigarettes are not approved by the FDA to help people quit smoking.

If you smoke cigarettes and want to quit, the Health Department recommends using FDA-approved medications, which can double your chances of success.

Most health insurance plans, including Medicaid, cover treatment to help you quit smoking.

For medications, tips and resources, visit nyc.gov/nycquits. You can also find resources to help cope with nicotine withdrawal.
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