

E-cigarettes



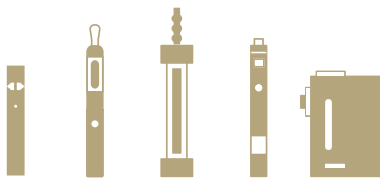
Health Bulletin

Visit nyc.gov/health to see all Health Bulletins.
Call **311** to order free copies.

NYCTM
Health

E-cigarettes

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



Not all e-cigarettes look the same

- 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.

Health Risks



- 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.

Resources

Connect



@nychealthy



nychealth



@nychealthy



nychealth



nyc health

Learn More

Visit nyc.gov/health and search for **e-cigarettes**

Receive the Latest Health Bulletins

Email healthbulletins@health.nyc.gov



Visit nyc.gov/health/pubs for additional languages of this Health Bulletin and other translated health materials. You have the right to services in your language.

These services are free at all New York City Health Department offices and clinics.