Questions and Answers About E-cigarettes for Parents

Most e-cigarettes and all JUULs contain nicotine. Nicotine is addictive and can be harmful to the brain and health of your kids. Children and young adults should not vape or use any tobacco products.

What are e-cigarettes?
E-cigarettes are electronic devices that heat liquid flavors and chemicals (e-juice). The heating produces an aerosol, which is a mix of small particles in the air. An e-cigarette might also be called:

- JUUL (a brand of e-cigarettes)
- E-cigs
- ENDS (electronic nicotine delivery systems)
- ANDS (alternative nicotine delivery systems)
- E-hookahs

E-cigarettes can look like:

- Cigarettes
- Cigars
- Pipes
- Pens
- Hookah pens
- Vape pens
- Vape mods
- Vaporizers
- Vapes
- Tank systems
- USB flash drives
- Other common objects, such as car keys

What are vaping and JUULing?
The use of e-cigarettes is often referred to as “vaping” because many people believe e-cigarettes create a vapor. But e-cigarettes actually produce an aerosol, which is different from a vapor. It’s important to know the aerosol can be harmful.

“JUULing” is a slang term created by users of a brand of e-cigarettes called JUUL, which is very popular among teenagers and young adults.

How can e-cigarettes be harmful?

- While the long-term health effects of e-cigarettes are still unknown, all tobacco products, including e-cigarettes, can pose health risks to the user, with greater risks to kids and teenagers.

- Nicotine is very addictive and can harm the brain development of kids and teenagers. Most e-cigarettes contain nicotine, and all types of the JUUL brand contain particularly high levels of nicotine. Some studies show vaping might make your kids want to try other, more harmful tobacco products, like regular cigarettes.

- A serious lung illnesses called E-cigarette or Vaping Product Use-Associate Lung Injury (EVALI) has been reported in some e-cigarette users, especially those who vaped THC (the mind-altering chemical in marijuana) and vitamin E acetate in products that were bought on the on the street. Some of these people have even died.

- Even though the potential harm from different toxic substances created by vaping is likely lower than with regular cigarettes, these products are not harmless.

- It is illegal for retailers to sell any tobacco product – including e-cigarettes – to anyone under age 21.

- People should not buy e-cigarette products or e-juice off the street. They should not change a vaping device in any way and should not add anything to it.

- E-cigarettes expose people to secondhand aerosol that may contain harmful substances.

- There have been reports of e-cigarettes exploding and causing serious injuries. The explosions usually are caused by batteries that are not working well or handled as they should be.

Using e-cigarettes can cause harm. Talk to the children, teenagers, or young adults in your life about why e-cigarettes are harmful. Quitting can help them live a longer and healthier life.

For more information, answers, and support, visit the American Cancer Society website at www.cancer.org or call us at 1-800-227-2345.