What are e-cigarettes?
E-cigarettes are electronic devices that heat liquid flavors and chemicals (e-juice). They create an aerosol, which is a mix of small particles that you inhale. You may have heard e-cigarettes being called:

- JUUL (a brand of e-cigarettes)
- E-cigs
- ENDS (electronic nicotine delivery systems)
- ANDS (alternative nicotine delivery systems)
- E-hookahs
- Hookah pens
- Vape pens
- Vape mods
- Vaporizers
- Vapes
- Tank systems

What is vaping?
People sometimes call using an e-cigarette vaping because they think e-cigarettes make a vapor. What they really make is an aerosol, which is different from a vapor. It’s important to know the aerosol can be harmful to you.

Is JUULing different than vaping?
No. JUUL is a brand of e-cigarettes. Most e-cigarettes have very high levels of nicotine. Nicotine can be very addictive. It can harm your brain growth, especially if you are a teenager. Any e-cigarette that has nicotine can be addictive, but JUUL and many copycats use a type of nicotine and a device that may be more addictive than some other types of e-cigarettes because of the liquid used and the way they work.

How can e-cigarettes be harmful?
- Most e-cigarettes and all JUULs contain nicotine. Nicotine comes from tobacco and is very addictive. Some research shows that vaping could make you addicted to nicotine and make you want to use other, more harmful tobacco products like regular cigarettes.
- It’s important to know that all tobacco products, including e-cigarettes, can cause health problems.
- Serious lung illnesses have been reported in some people using e-cigarettes, especially in those who vaped THC (the mind-altering chemical in marijuana) and vitamin E acetate in products that were bought on the street. Some of these people have even died.
- It is illegal for stores to sell any tobacco product, including e-cigarettes, to anyone under age 21.
- Do not buy e-cigarette products or e-juice off the street. Do not change a vaping device in any way, and do not add anything to it.
- When a person vapes, other people around them can breathe in the aerosol, which can be harmful to their health.
- E-cigarettes can explode if the battery is not working well or is not used in the right way.
- Scientists still need to find out what the harms of using e-cigarettes might be when they are used over a long period of time.

If you, a friend, or family member uses e-cigarettes or other tobacco products, talk to a doctor about quitting. Avoid being around people when they are using tobacco products, including e-cigarettes.

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