What are e-cigarettes?
E-cigarettes are electronic devices that heat liquid flavors and chemicals (e-juice). They create an aerosol, also called a vapor. This creates 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

What is vaping?
“Vaping” means you are using any kind of e-cigarette and breathing in its aerosol or vapor.

Is JUULing different than vaping?
No. JUUL is a brand of e-cigarettes. JUULs 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 JUULs may be even more addictive than some other types of e-cigarettes because of the liquid used and the way a JUUL works.

How can e-cigarettes be harmful?
- While using e-cigarettes seems to be less harmful than smoking, it is not harmless. But, 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.
- E-cigarettes often have nicotine that can make you become addicted to them and may make you want to try other, more harmful types of nicotine products.
- E-cigarettes often have added flavors and other chemicals, some of which can be toxic.
- When a person vapes, other people around them can breathe in the vapor, 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.

E-cigarettes can be addictive and harmful to your health.
If you don’t use e-cigarettes or other tobacco products, don’t start.
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 cancer information, answers, and support
Visit the American Cancer Society website at cancer.org or call us at 1-800-227-2345.