Electronic Cigarettes & Vaping

Electronic cigarettes (e-cigarettes) are electronic devices that produce an aerosol by heating a liquid that usually contains nicotine, flavorings, and other chemicals to help make the aerosol. Users inhale this aerosol into their lungs.

Vaping is the act of inhaling and exhaling the aerosol (often called vapor) produced by an e-cigarette or similar battery-powered device.

Many e-cigarettes contain harmful or potentially harmful substances, and it is difficult to know what each individual product contains. E-cigarette use pose a significant – and avoidable – health risk to young people in our communities. E-cigarettes can cause long-term harm to brain development and respiratory health and increase the possibility of nicotine addiction. Even breathing e-cigarette aerosol that someone else has exhaled poses potential health risks.

It is important to prevent harm to youth and young adults from e-cigarettes. Take action now by talking with your children or other young people you know about the dangers of e-cigarettes.

For more information, visit the following links:

https://www.nj.gov/health/fhs/tobacco/vaping/index.shtml

https://www.tobaccofreenj.com/e-cig

https://e-cigarettes.surgeongeneral.gov/

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html