

# LET'S CLEAR THE AIR

## What parents should know about e-cigarettes and vaping

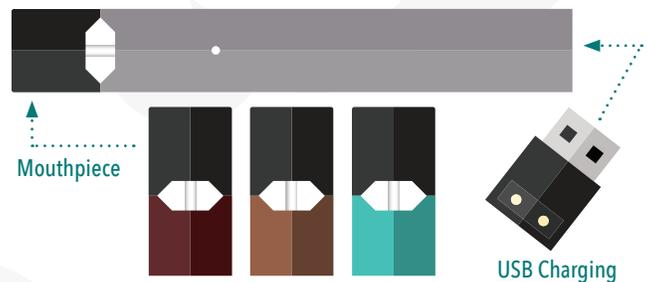
**?** Is using an e-cigarette the same as vaping?

**✓ YES.** E-cigarettes are devices with liquid cartridges that usually **contain nicotine**, flavoring, and toxic chemicals. The e-cigarette heats the liquid and turns it into an aerosol. Vaping is inhaling the aerosol.

E-cigarettes can also be used to vape THC oil. THC is the ingredient in cannabis that makes you high.

**?** Do e-cigarettes only have water vapor?

**✗ NO.** All e-cigarettes have **toxic chemicals**, some that cause cancer and lung disease.



Prepackaged pods containing liquid nicotine, glycerine, and other chemicals come in flavors like menthol.

**?** Are people who vape more likely to smoke?

**✓ YES.** Young people who vape are **four times more likely** to smoke regular cigarettes, even though it's illegal for anyone under 21 to buy tobacco or e-cigarettes.

**?** Is it safe to vape?

**✗ NO.** E-cigarettes have different levels of nicotine that change how your brain develops. **Nicotine is very addictive.** It affects your mood, learning, and attention. It increases your risk of having a stroke, heart attack, and heart disease.

**Outbreaks of illness and deaths** have been linked to vaping THC as well as nicotine. Vaping THC or nicotine is not safe.

**?** Should I use e-cigarettes to quit tobacco?

**✗ NO.** E-cigarettes are **not approved** by the Food and Drug Administration (FDA) to help you quit tobacco.



Use the nicotine patch or gum



Call Wellness Coaching by Phone to quit safely



Visit [kp.org/centerforhealthyliving](https://www.kp.org/centerforhealthyliving) to find a Freedom from Tobacco workshop near you

### BOTTOM LINE: Ditch the vape!

Talk to your doctor or call **1-866-862-4295** to make a phone appointment with a wellness coach who can support your journey to quit for good. Parents of vapers: **Text QUIT to 202-899-7550** to sign up for a text messaging program designed for you.

# ESCAPE THE VAPE!

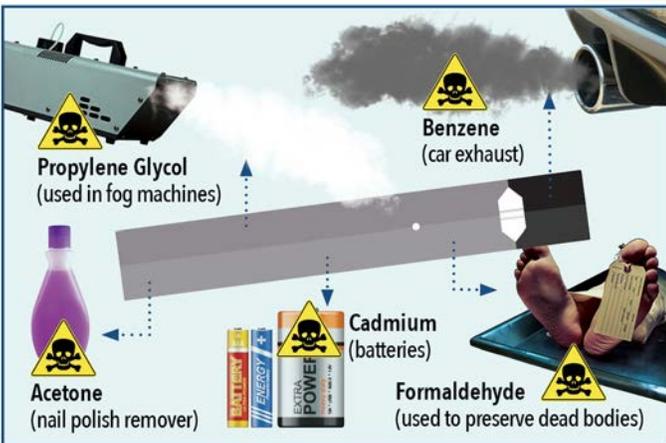
What young people should know about e-cigarettes and vaping



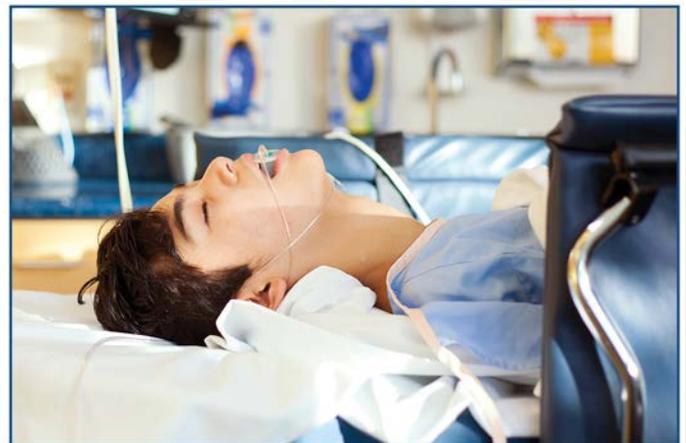
**Tobacco companies own vaping companies.** They take your money by targeting you with vape flavors and nicotine to keep you hooked.



**1 pod = 1 pack.** One vaping pod has the same amount of addictive nicotine as one pack of cigarettes or more.



**It isn't just water vapor.** Vapes create aerosol with toxic chemicals that can cause cancer and damage your body.



**Vaping nicotine or THC** (the ingredient in cannabis that makes you high) isn't safe. It can seriously **damage your lungs or cause death.**

## BOTTOM LINE:

 **Talk to your doctor.**

 **Call 1-866-862-4295** to make a phone appointment with a wellness coach.

 **If you're 13 to 17 years old:**  
**Text VAPEFREEKP to 88709** to sign up for a text messaging program to help you quit.

 **If you're 18 to 24 years old:**  
**Text DITCHJUUL to 88709** to sign up for a text messaging program to help you quit.