

LET'S CLEAR THE AIR

What parents should know about e-cigarettes and vaping

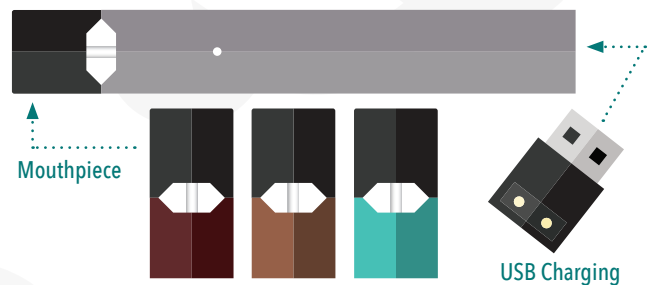
? Is using an e-cigarette the same as vaping?

✓ 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!

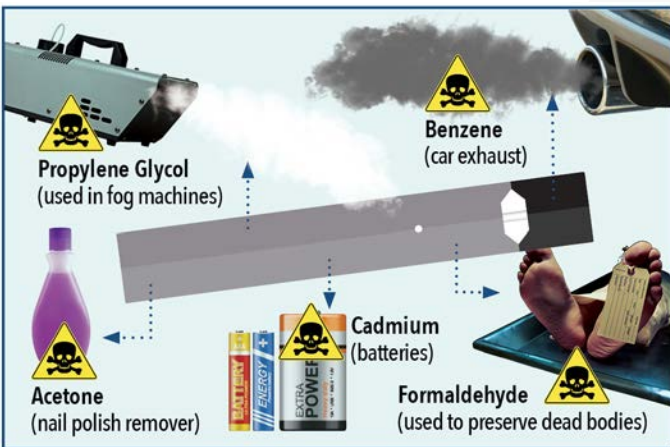
What young people should know about e-cigarettes and vaping



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.