

Keep your child tobacco-free

Talk about the dangers and risks

Electronic cigarettes (better known as e-cigarettes) have become very popular among adults and teens, but that does not mean they are safe.

All tobacco products—including e-cigarettes—are dangerous, and

they are especially harmful for children and teens. Talk to your child about the risks of using tobacco, and make it clear that you want them to be tobacco-free.

What are e-cigarettes?

E-cigarettes are battery-powered devices that deliver nicotine and flavorings in an aerosol form. The devices come in many shapes and sizes.

One e-cigarette that is very popular among young people looks like a USB flash drive. It is sold by a company called JUUL (pronounced “jewel”). Other companies also sell e-cigarettes that look like USB flash drives.

E-cigarettes produce vapors when they are used. This is why smoking an e-cigarette is called “vaping.”

Why are e-cigarettes dangerous?

The nicotine

Most e-cigarettes contain nicotine, but some brands have more than others. A single JUUL refill contains as much nicotine as a pack of 20 traditional cigarettes.

Nicotine is highly addictive. Using it can harm brain development, which continues until about age 25. Young people who use e-cigarettes are more likely to begin smoking traditional cigarettes. And using nicotine at a young age can increase a person’s risk for addiction to other drugs.¹



Pennsylvania's Children's
Health Insurance Program
We Cover All Kids.

UPMC *for Kids*

Affiliate of UPMC Health Plan



The chemicals

E-cigarette vapors have been found to contain cancer-causing chemicals as well as ingredients that can affect brain development, memory, and processing. In addition, the e-cigarette vapors can contain heavy metals like nickel, tin, and lead.

Some flavored liquids contain chemicals that have been linked to serious lung damage.²

The appeal

The liquids used in e-cigarettes can be fruit- or dessert-flavored. This makes them appealing to children, teens, and young adults.

Your child may believe that e-cigarettes are safe, but he or she probably doesn't know how many harmful chemicals they contain.

E-cigarette cheat sheet

Learning about e-cigarettes can help you know whether your child is vaping. If you see these items or hear your child using these terms, it's time to have a talk.

E-cigarettes can look like everyday items:

- Regular cigarettes
- Cigars
- Pipes
- USB flash drives
- Pens

- Vapes
- Mods
- Tank systems
- Electronic nicotine delivery systems (ENDS)

People use various names for e-cigarette liquids:

- E-juice
- E-liquid
- Vape juice
- Vape liquid

People use various names for e-cigarettes:

- E-cigs
- E-hookahs
- Vape pens

You have help

UPMC Health Plan members who would like help quitting tobacco can call a health coach at **1-800-807-0751 (TTY: 711)**. This support is available at no cost.

Check out **smokefree.gov** or call **1-800-QUIT-NOW** (784-8669), two other sources for free help.

.....

Sources

¹ Retrieved November 12, 2018, from www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html.

² Retrieved November 12, 2018, from www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html.

UPMC for Kids Nondiscrimination statement

UPMC for Kids complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender, gender identity or expression, or sexual orientation.

Translation Services

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-650-8762 (TTY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-650-8762 (телетайп: 711).