

THE PHYSICAL DANGERS OF E-CIGS



Between 2015 and 2017, 2,035 e-cigarette explosions and burn injury cases were reported at U.S. hospitals. These incidents cause injuries such as burns and tooth loss which impact Service member readiness. If Service members choose to use e-cigarette devices, remind them of the following tips to stay safe:

- ▶ **Charge your e-cig with the charger it came with.** Do not use your phone or tablet charger.
- ▶ **Don't charge your device overnight because it may overheat.** Also avoid leaving it charging on a pillow or anything that can catch fire.
- ▶ **Protect the e-cig from extreme temperatures.** Avoid leaving it in the sun or in a car on a freezing cold night.
- ▶ **Report an explosion [here](#).** Protect yourself and others by reporting injuries.

Not only are e-cigarettes addictive because of the nicotine they contain, they can also cause immediate physical injuries. Encourage Service members to think twice before using an e-cig.

SAILORS & MARINES:

The Navy banned Sailors, Marines, Military Sealift Command civilians and any personnel working on or visiting its ships, submarines, aircraft, boats, craft and heavy equipment from using, possessing, storing and charging e-cigarettes. For more information, please see ALFLTFORCOM/ALPACFLT 141300Z APR 17.

THE LATEST IN TOBACCO

A recent study reported that more than 70 [e-liquid brands have increased the level of nicotine](#) in their products from 1-3% nicotine to 5% nicotine, to match JUUL. Remind Service members about the dangers that nicotine can have on their readiness and health.

ONE LAST THING



April is Alcohol Awareness Month. Alcohol can be a trigger for many [social smokers](#), vapers and former smokers. Make sure Service members know that social smoking even one cigarette can cause addiction. And encourage former smokers to visit the [Stay Quit](#) page of the UCanQuit2 website for tips and tricks on how to beat triggers like alcohol.

