

# WHAT'S THE DEAL WITH DISPOSABLE E-CIGS?

More of your buddies may be using disposable e-cigarettes these days.  
So what exactly are they and how might they harm your health?

## DISPOSABLE E-CIGS...



Are a tobacco product that heats e-liquid, creates vapor and cannot be recharged or refilled. While these products may come in many flavors and seem appealing, **THEY CAN BE HARMFUL.**



Expose you to dangerous chemicals (like nicotine) that could harm brain development and **AFFECT BRAIN FUNCTION.**



Can only be used at designated tobacco use areas and are **NOT PROVEN TO BE HEALTHIER**, safer or an effective way to quit smoking just like other tobacco products.



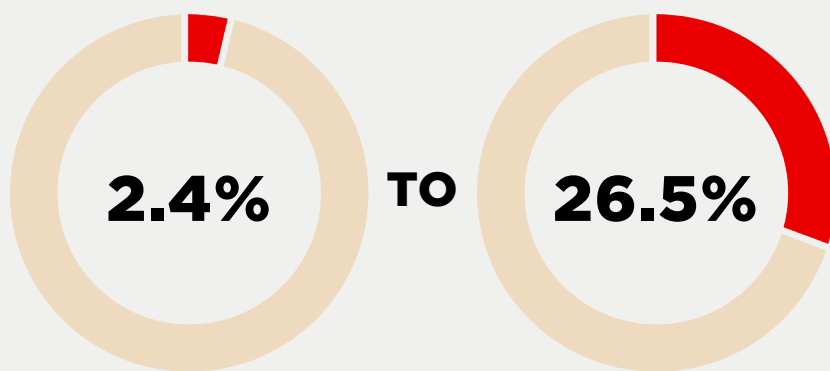
May appear cheaper in cost per device, but due to their high levels and the type of nicotine, you may use them faster (which means **SPENDING MORE MONEY** and a stronger addiction).



Can cause **NICOTINE ADDICTION.** Each disposable e-cig has just as much or more nicotine as one pack of traditional cigarettes or one JUUL pod.

**BETWEEN 2019  
AND 2020:**

Disposable e-cig  
use increased from



(that's approximately 1,000%)

**DON'T BE FOOLED BY DISPOSABLE E-CIGS.**

Learn more about how using **tobacco and e-cigs** can negatively affect your health so you can stay mission ready at [www.ycq2.org](http://www.ycq2.org).