

E-CIGS AND VAPES: KNOW THE FACTS

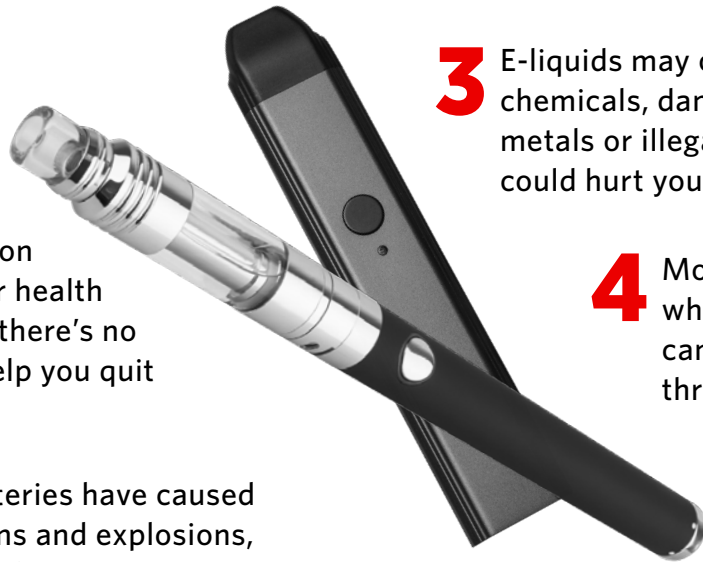
E-cigarettes can hurt you.

1 Not enough information exists on the safety or health effects of e-cigs, and there's no proof that they will help you quit tobacco long-term.

2 E-cig batteries have caused fires, burns and explosions, some resulting in serious injury.

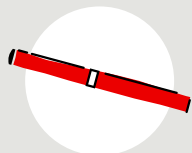
3 E-liquids may contain harmful chemicals, dangerous heavy metals or illegal substances that could hurt your health or career.

4 Most e-cigs contain nicotine, which is highly addictive and can harm brain development through your mid-20s.



YES! THESE ARE TOBACCO PRODUCTS.

E-cigs are battery-operated devices that heat liquid into a vapor that users inhale. You can only use these devices in designated tobacco use areas.



Electronic cigarette
or e-cig



Vaporizer
or vape



E-pen or
vape pen



Mod/pod mod
or JUUL



E-hookah or
hookah pipe



E-pipe or
vape pipe



Tank system
or tank device

The products shown above are also called **ENDs** (electronic nicotine delivery systems) in DOD policy.

QUITTING CAN BE HARD, BUT YOU'VE GOT THIS!

E-cigs might seem like a good way to quit other tobacco products, but they come with their own risks and are **not a proven quit aid**.