



E-cigarettes & Vaping

What Teens Should Know

As the trusted champion for lung health, we are committed to creating a tobacco-free future and saving lives. We have helped a million people quit smoking, advocated for smokefree public spaces and worked to achieve tobacco regulation to protect public health.

Today's threats to lung health include what the U.S. Surgeon General has called a youth vaping epidemic. We are moving swiftly to bring medical expertise to the conversation, create new programs for teens and schools, advocate for federal regulation and help people end their addiction to vaping.

Because, when you can't breathe, nothing else matters®.

What are e-cigarettes?

Electronic cigarettes, or e-cigarettes, include vapes, hookah pens, or JUULs. They heat an e-liquid or e-juice that often contains nicotine. E-cigarettes are inhaled like regular cigarettes and produce an aerosol cloud of chemicals.

Is there a difference between e-cigarettes and JUULs?

- No. JUULs may look different, but they're actually a type of e-cigarette.

Every JUUL pod contains highly addictive nicotine, roughly as much nicotine as an entire pack of cigarettes. JUUL does not make any nicotine-free pods.

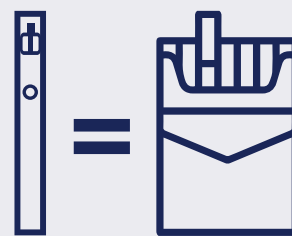
- The aerosol cloud produced by a JUUL might not look as thick as other e-cigarettes or regular cigarette smoke, but it still contains many of the same chemicals and has the same health risks.

Aren't e-cigarettes less harmful than traditional cigarettes? Isn't it just water vapor?

- The aerosol produced by e-cigarettes isn't water vapor and it isn't harmless.

The aerosol inhaled from e-cigarettes and JUULs is often a mixture of harmful chemicals like nicotine, formaldehyde—which is known to cause cancer—and acrolein—which is used as a weed killer and can cause irreversible lung damage.

- E-juice and JUUL pods flavored like fruit, mint or other treats carry the same health risks as the unflavored products. Also, the flavorings are made up of chemicals that are not safe to be inhaled into the lungs.



One JUUL pod contains as much nicotine as a pack of cigarettes.



In 2019, the legal age of smoking and vaping was raised to 21 across the country. This means that anyone under age 21 cannot buy cigarettes or e-cigarettes, including JUULs.



What are the health risks of vaping?

- Nicotine is highly addictive and exposure during adolescence can harm your developing brain and affect memory, concentration, learning, self-control, attention and mood.
- Youth who vape are more likely to go on to use traditional cigarettes.
- In the short term, e-cigarette aerosol can irritate your lungs, throat and eyes. It can also make it more likely that you'll catch colds or get the flu.

Is it legal for teens to vape or buy e-cigarettes?

- Many schools have added e-cigarettes to their tobacco-free school policies and the consequences for using them on school grounds are often the same as smoking cigarettes.

Can e-cigarettes help someone quit?

- No e-cigarette has been found to be safe and effective to help people quit smoking.
- If you know someone who wants to quit smoking, they can call **1-800-LUNGUSA (1-800-586-4872)** or visit **Lung.org** to learn about quitting safely.



Contact your local American Lung Association office for information on youth leadership groups and other youth tobacco initiatives.

1-800-LUNGUSA
Lung.org