## 

**Myth:** Mods and other e-cigarettes produce a harmless water vapor. **Reality:** E-cigarettes produce an aerosol that has nicotine, harmful chemicals, and toxins known to cause cancer. These chemicals and toxins include things like Formaldehyde, Lead, and Nickel.<sup>1,2</sup>

Myth: E-cigarettes can help people quit tobacco.

Reality: E-cigarettes are NOT approved by the U.S. FDA to help people quit tobacco.<sup>3</sup> You may know someone who has stopped using tobacco and switched to an e-cigarette, but switching products

Myth: E-cigarettes are safe and don't have any toxins. **Reality:** E-cigarettes are NOT a riskfree product. They still deliver nicotine, toxins, and chemicals, many of the same chemicals found in tobacco products.<sup>4,5</sup> E-cigarettes are not regulated so you

never know what you're inhaling.

Myth: E-cigarettes are not tobacco. **Reality:** The nicotine in most e-cigarettes comes from the tobacco plant, just like cigarettes. California recognizes all types of e-cigarettes as tobacco products.<sup>7</sup>

isn't quitting tobacco and nicotine.

**Myth:** E-cigarettes aren't addictive. **Reality:** Nicotine is a poison and a highly addictive drug.<sup>6</sup> Nicotine is one of the main ingredients in e-cigarettes and tobacco products.

## Visit kickitca.org for free help quitting vaping.

© 2018, California Youth Advocacy Network. This material was made possible by funds received from the California Department of Public Health, under contract #14-10013

- 1. Goniewicz, M.L., et al. (2013). Levels of selected carcinogens and toxicants in vapour from electronic Contevice, Pitt, et al. (2015). Levels of selected calcingens and toxicalits in vapour from electronic cigarettes. *Tobacco Control*, 23:133-139.
  Williams, M., Villarreal, A., Bozhilov, K., Lin, S., & Talbot, P. (2013). Metal and silicate particles including
- nanoparticles are present in electronic cigarette cartomizer fluid and aerosol. PLoS ONE, 8(3): e57987
- 3. U.S. Food and Drug Administration. (2014). Public Health Focus: Electronic Cigarettes. Retrieved from http://www.fda.gov/NewsEvents/PublicHealthFocus/ucm172906.htm.
- 4. Williams, M., Villarreal, A., Bozhilov, K., Lin, S., & Talbot, P. (2013). Metal and silicate particles including nanoparticles are present in electronic cigarette cartomizer fluid and aerosol. PLoS ONE, 8(3): e57987
- 5. Schripp, T., Markewitz, D., Uhde, E., & Salthammer, T. (2013). Does e-cigarette consumption cause passive door Air. 23(1):25-31
- 6. National Institute on Drug Abuse. (2012). Is Nicotine Addictive? Retrieved from http://www.drugabuse.gov/ publications/research-reports/tobacco/nicotine-addictive
- 7. Electronic Cigarettes, California Senate Bill 5 (2015-2016), California Business and Profession Code