

Vapes

MYTHS AND REALITIES



Myth: E-cigarettes produce a harmless water vapor. There's no secondhand vapor.

Reality: E-cigarettes do produce an aerosol that has nicotine, harmful chemicals, and toxins known to cause cancer (among other things). These chemicals and toxins include things like Formaldehyde, Lead, and Nickel.

Myth: E-cigarettes can help people quit tobacco.

Reality: E-cigarettes are NOT approved by the U.S. FDA to help people quit tobacco. You may know someone who has stopped using tobacco and switched to e-cigarettes, but switching isn't quitting. Scientific studies are mixed on if e-cigarettes help people quit using tobacco and nicotine.

**Quit today, call
1-800-NO-BUTTS for free help.**

Myth: E-cigarettes are safe and don't have any toxins.

Reality: E-cigarettes are NOT a risk-free product. They still deliver nicotine and low levels of toxins and chemicals, many of the same chemicals found in tobacco products. E-cigarettes are not regulated so you never know what you're inhaling.

Myth: E-cigarettes aren't addictive.

Reality: Nicotine is a poison and a highly addictive drug. Nicotine is one of the main ingredients in e-cigarettes and tobacco products.

Myth: Big Tobacco is not involved in making e-cigarettes.

Reality: All major tobacco companies now make e-cigarettes. In less than 10 years, Big Tobacco will sell the majority of e-cigarettes in the U.S.