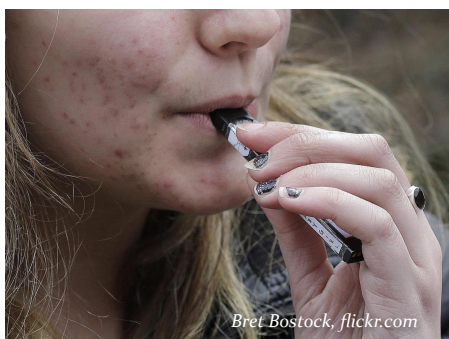




Electronic Cigarettes: Key Facts



www.cdc.gov



[Bret Bostock, flickr.com](https://www.flickr.com/photos/bretbostock/)



[Sarah Johnson, flickr.com](https://www.flickr.com/photos/sarahjohnson/)

What is an electronic cigarette?

Electronic cigarettes are devices used to deliver nicotine and flavoring to the person using them. Different from normal cigarettes, e-cigarettes do not contain tobacco, but this does not mean they are risk-free to the person using them. Other names used to refer to electronic cigarettes include:

- E-cigs
- E-hookahs
- Mods
- vape pens or vapes
- tank systems
- ENDS (electronic nicotine delivery systems)

What does the device itself consist of and how do they work?

Most have a heating element, a battery, and a place to hold the liquid. They work by heating a liquid that turns into an aerosol that is then inhaled. Usually the liquid contains nicotine, flavorings, and other chemicals. E-cigarettes can also be used to deliver marijuana and other drugs, and in some cases, the person using the e-cigarette is not aware of these things which they are breathing into their body.

Are they safe?

Everyone, including scientists, are still learning about the long term side effects of e-cigarettes. However, we do know that the nicotine is highly addictive - both in the form of a normal cigarette, as well as in an e-cigarette. Nicotine poses risk to unborn and developing babies and can harm brain development in adolescents and young adult.

Other factors to consider:

- As of February 18, 2020, a total of 2,807 hospitalizations and/or deaths related to e-cigarette use or vaping in the US was reported by The CDC.
- Lung injury has been shown to occur with e-cigarette use.
- Fires and explosions of the batteries have occurred causing unintended injury.

The bottom line is that e-cigarettes are still relatively new and the risks are still being learned. If you have never used tobacco or nicotine products, do not start.