



VAPING
MYTHS & REALITIES

Myth: E-cigarettes produce a harmless water vapor. There's no secondhand vapor.
Reality: E-cigarettes 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.^{1,2}

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

Myth: E-cigarettes can help people quit tobacco.
Reality: E-cigarettes are NOT approved by the US FDA to help people quit tobacco.³ 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.

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.⁷

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.^{4,5} E-cigarettes are not regulated so you never know what you're inhaling.

Visit kickitca.org for free help quitting vaping.

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