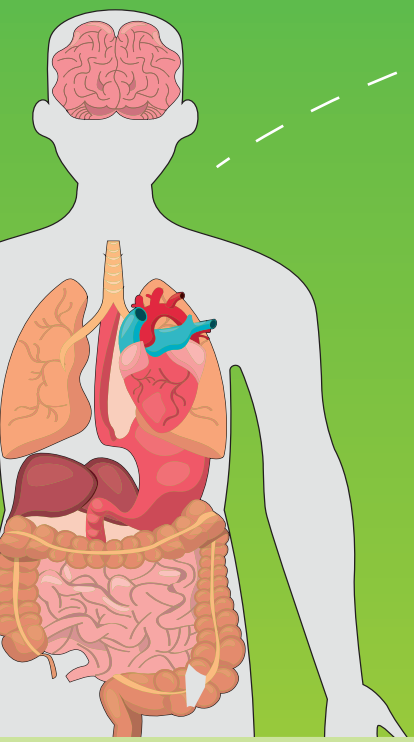
THE MORE YOU KNOW

Risks of E-Cigarette and Vape Pen Use



HEALTH EFFECTS ON THE BODY

Nicotine use in adolescence and early adulthood causes changes in the brain that make **life-long addiction** much more likely for young e-cig users.

Ear, eye, and throat irritation is common among e-cig users.

Science shows that nicotine negatively affects the cardiovascular system, meaning that use of e-cigs can lead to cardiovascular (heart) diseases.

Science shows that aerosols produced by chemicals in e-cigs, including the flavors themselves, can be harmful to the lungs, resulting in asthma, bronchitis, & lung collapse.

GETTING THE FACTS

MYTH: E-cigs are a healthy alternative to cigarettes because they produce water vapor.

FACT: In reality, they create aerosols containing extremely harmful chemicals and they are **NOT a safe alternative.**

MYTH: E-cigs have very minimal health impacts on those who choose to use.

FACT: Studies show that using e-cigs is associated with use of other tobacco products which cause **cancer & heart disease.**

MYTH: There is no hard evidence that e-cigs are bad for you.

FACT: E-cigs are still new so many long-term health impacts are still unknown. Even still, mounting evidence shows that **they are not harmless.**

EFFECTS ON THE ENVIRONMENT

E-cigs often have a lithium-ion battery. When these batterys are thrown in normal trash, they are crushed & **can create fires.**

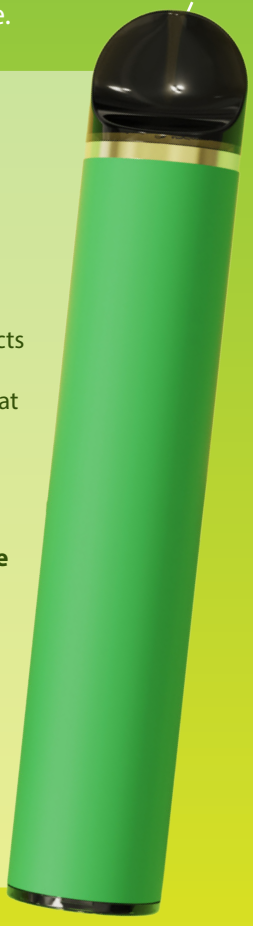
E-cigs contain plastic, which breaks down into micro-plastics that **can infiltrate the ocean and harm the environment.**

E-cigs are **not biodegradable** and they are harmful to the environment.

PROPER DISPOSAL:

California: Household hazard waste product program (https://calrecycle.ca.gov/homehazwaste/directory/)

Outside of California: Check with your local county household waste removal program



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