# ARE E-CIGARETTES SAFE?

## What people who vape may think...
- it's safer than smoking tobacco
- it's more socially accepted than cigarettes
- it's available in fun flavors so it seems safe
- it's nicotine-free because the label says so
- it's going to help me quit smoking

## Did you know...
- NONE of the above statements have been proven to be true.

- An e-cig's quality, ingredients or safety are not checked.

- The long term effects of smoking tobacco are known, but not for e-cigs.

- Studies are still on-going to learn the level of risk with using e-cigs.

- A 2009 study found toxic, cancer causing substances in the e-cig liquid cartridge.

- Only 1 tablespoon of e-cig liquid is needed to kill a 65 lb child.

- If the e-cig liquid is applied to the skin, it could cause nausea and vomiting.

- People, especially children, who vape may try smoking tobacco as well.

- Vaping residue, in the air and on surfaces, can be harmful to others.

## Questions to ask yourself:
- Do I *know* what is in the vial of liquid in e-cigs?
- Do I *know* what the long term effects of using e-cigs are?
- Do I *know* that e-cigs can malfunction and explode?
- Do I *know* that e-cigs are not approved by the FDA?