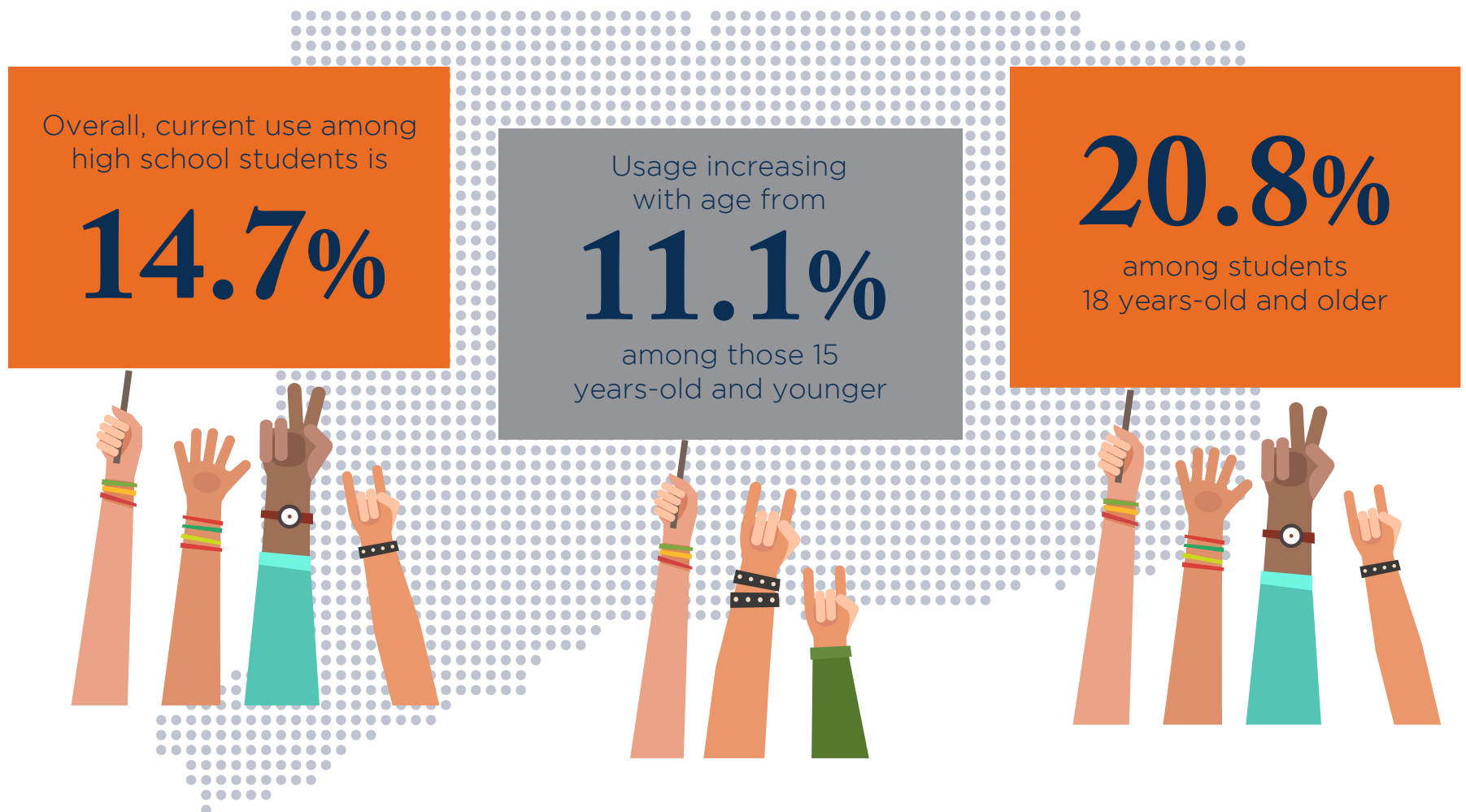


FACTS ABOUT VAPING




Although cigarette smoking has decreased significantly among Connecticut youth, the use of electronic cigarettes and vaping devices continues to increase at an alarming rate.



www.portal.ct.gov/DPH/Health-Education-Management--Surveillance/Tobacco/Stats--Reports

E-CIGARETTES ARE NOT SAFER THAN CONVENTIONAL CIGARETTES

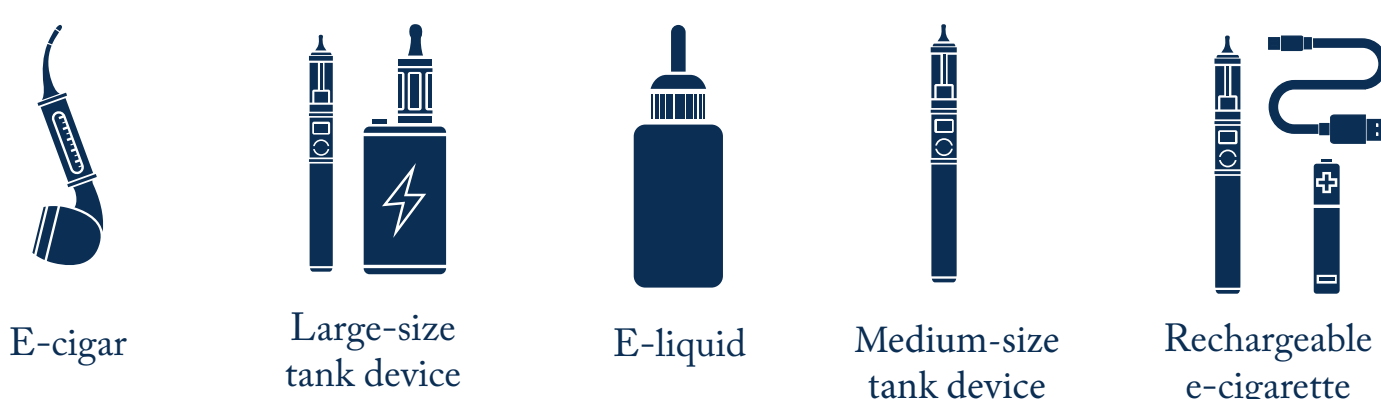


-  The nicotine in an e-cigarette has the same adverse effect on the developing brain as a regular cigarette. Studies show that the human brain does not fully develop until the age of 25.
-  Nicotine can train your brain to be more easily addicted to other drugs like meth and cocaine.
-  Some E-cigarette batteries have been known to explode.

Check out the science about e-cigarettes and their effect on young people: <https://e-cigarettes.surgeongeneral.gov/>

WHAT ARE E-CIGARETTES?

- ? E-cigarettes are known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems.”
- ? Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens, USB sticks, and other everyday items.
- ? E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products—flavorings, and other chemicals that help to make the aerosol. Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air.
- ? E-cigarettes can be used to deliver marijuana and other drugs.



www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-508.pdf