

HOW DO I PROTECT MY FAMILY?

- Don't leave vape products or e-liquids in reach of children.
- Pregnant and breastfeeding women, children, and teens should never vape or be exposed to the aerosol due to the harm nicotine can cause to brain development.
- Don't let anyone vape in your home or car.
- Talk to your kids about the dangers of vaping and nicotine.
- Support policies that restrict where vaping is allowed and where vape products are sold.

FREE HELP TO QUIT VAPING

If you or a family member uses vapes or other tobacco products, free help to quit is available.

California Smokers' Helpline

Call 1-844-8-NO-VAPE or text QUIT VAPING to 66819

For more information, visit
www.flavorshookkids.org



Source: Nicotine = Brain Poison. California Department of Public Health. 2019.
www.flavorshookkids.org [Accessed 8/2019]

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PROTECT YOUR FAMILY FROM E-CIGARETTES



THE FACTS YOU NEED TO KNOW ABOUT VAPING

THE FACTS ABOUT VAPING

WHAT ARE E-CIGARETTES AND VAPES?

- E-cigarettes, often called “vapes” or “Juuls,” are devices that use a battery to heat a liquid nicotine solution. The heated solution creates an aerosol that is breathed into the lungs.
- Vapes come in many shapes and sizes that don’t look like traditional tobacco products. Some use prefilled nicotine pods. Others have tanks that can be refilled.
- The nicotine solution, called “e-liquid” or “e-juice,” contains nicotine, flavorings, and other chemicals.
- Some vape devices can be used to smoke marijuana and hash oil.

WHY ARE THEY DANGEROUS?

- Vapes and e-liquids come in fruit, candy and mint flavors that appeal to kids and teens and make it easier to start vaping.
- Many young people don’t realize vapes contain nicotine, which is highly addictive. Some vape pods contain as much nicotine as a pack of cigarettes.
- Nicotine can rewire teens’ developing brains. It can increase anxiety, mood swings, and learning difficulties.
- Nicotine is one of the most toxic of all poisons. Vaping devices and e-liquids must be kept away from small children and pets.

ARE VAPES SAFER THAN REGULAR CIGARETTES?

- There is nothing safe about vaping. The aerosol that is breathed in contains metals, particulates, and toxic chemicals.
- Vapes are just as addictive as regular cigarettes. And vape users are more likely to start using regular cigarettes or other drugs.

WHERE ARE KIDS GETTING VAPES?

- Clerks at tobacco shops, vape stores, gas stations and convenience stores might not enforce the Tobacco 21 age law.
- Website age gates are easily bypassed, and kids may use a parent’s name for shipping.
- Kids are buying and selling pods, and even single hits, in schools.

WHAT ARE SOME WARNING SIGNS OF VAPING?

- Artificial smells from behind closed doors like candy, popcorn, vanilla, or fruit flavoring.
- School supplies or tech products that you don’t recognize in kids’ backpacks or rooms.
- Unfamiliar charges on credit card statements.
- Changes in kids’ behavior such as increased mood swings, irritability, anxiety, or impulsivity.

