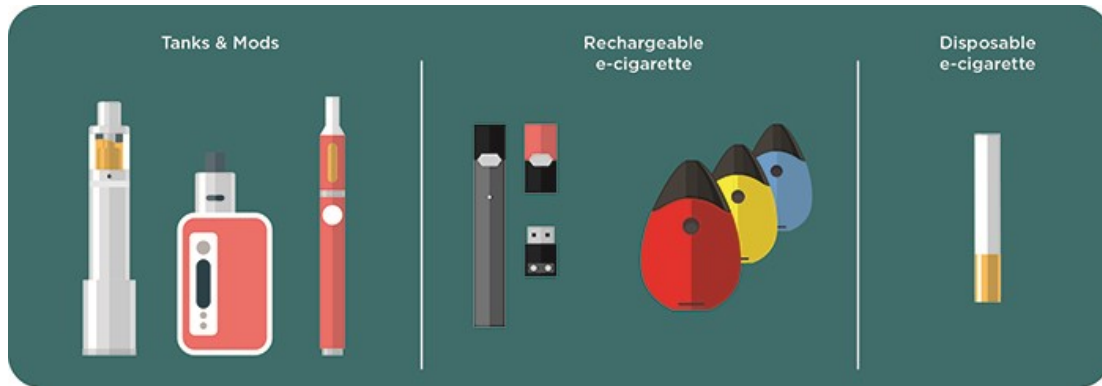


WHAT YOU NEED TO KNOW ABOUT E-CIGARETTES

E-cigarettes are tobacco products that work by heating a liquid that becomes an aerosol which goes into the lungs. They usually contain nicotine and are not safe for teens.



www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html#what-is-juul

JUUL, a popular brand used by teens, looks like a flash drive and contains the same amount of nicotine as a pack of cigarettes. Teens are often drawn to this brand because of the look, flavors, and ease of use. These products are extremely harmful to your teen and use permanently impacts brain development.

E-cigarettes come in many shapes and sizes and can easily be mistaken for everyday items, such as flash drives, pens, and water enhancers. No matter the size or shape, they are illegal for teens to use.

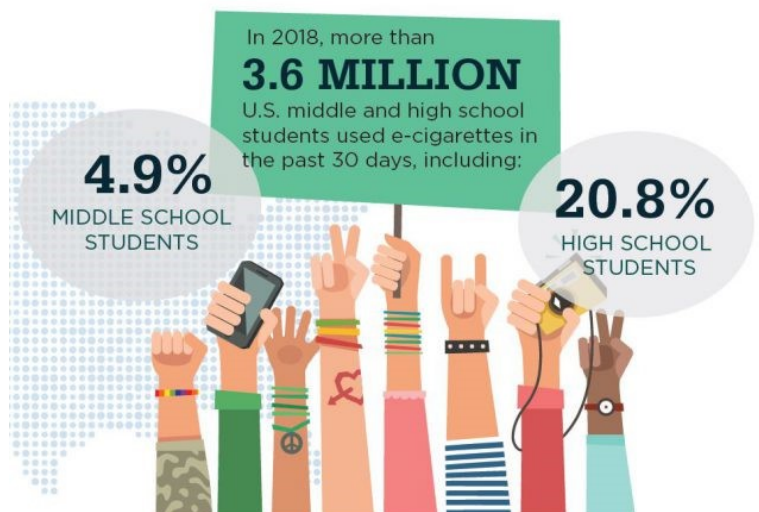


Image is from: [Centers for Disease Control and Prevention, 2018](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)

In 2017, 9.5% of Davis County youth (8th, 10th, and 12th grade) reported using e-cigarettes in the last 30 days. 18.4% reported experimentation at some point.

E-CIGARETTES CONTINUED...

The aerosol created by e-cigarettes is not just water vapor. It contains harmful substances, including:

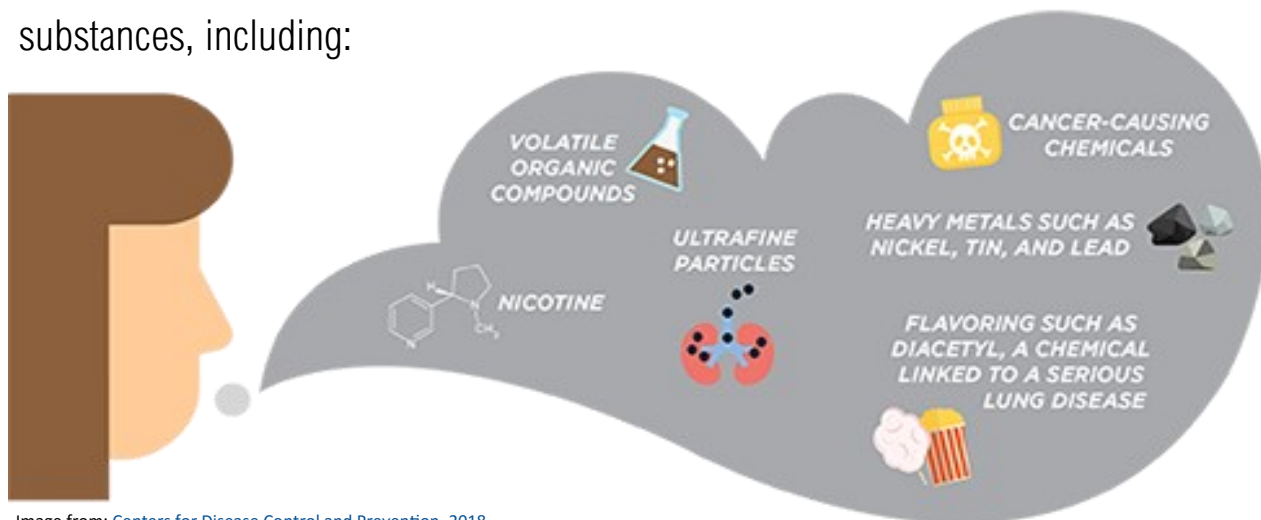


Image from: [Centers for Disease Control and Prevention, 2018](https://www.cdc.gov/e-cigarettes/)



Harms of using E-cigarettes:

- ◆ Increased risk of addiction
- ◆ Impaired brain development
- ◆ Risk of lung damage
- ◆ Potential for poisoning
- ◆ Serious injuries from explosions
- ◆ High risk for using other tobacco products

The tobacco industry uses flavors to mask the dangers of these products and entice youth to use them.

To learn more, visit:

[KNOW THE RISKS](#)

[THE TOBACCO TALK](#)

To speak with a health educator,
call 801-525-5070



For help with quitting any tobacco product, including e-cigarettes, call 1-800-QUIT-NOW or visit:

[way to quit.org](http://waytoquit.org)