

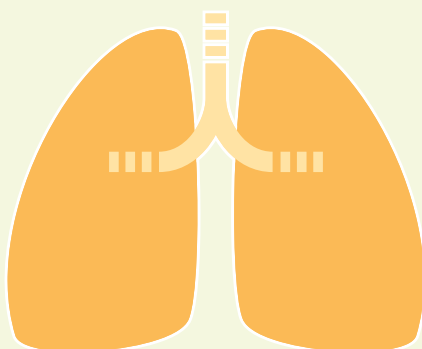
# GET THE FACTS ON E-CIGARETTES



**1** **IN**  
 **4**

high school students  
report they currently  
use e-cigarettes,  
**BUT 75% DON'T**

## E-CIGARETTE USE CAUSES



**seizures, lung disease  
and lung failure**



TEXAS STATE  
TEXAS SCHOOL SAFETY CENTER

Say What! is a program of the Texas School Safety Center at Texas State University and is funded through a contract from the Texas Department of State Health Services, Tobacco Prevention Initiative.

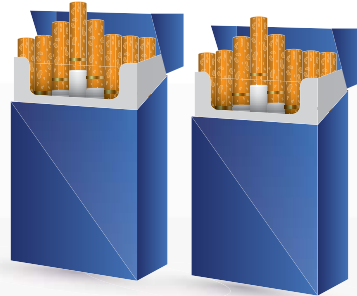


TEXAS  
Health and Human  
Services

Texas Department of State  
Health Services

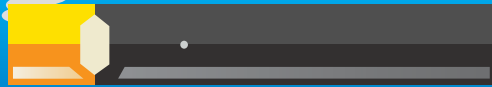
## SAY WHAT! | GET THE FACTS ON E-CIGARETTES

### 1 VAPE POD



can contain **3%-7%** nicotine  
which equals up to **2 packs** of cigarettes

**IT'S NOT JUST  
WATER VAPOR!**



Secondhand aerosol  
contains nicotine,  
ultrafine particles, and  
toxins that are known  
to cause cancer

## CHEMICALS IN E-CIGARETTES:



### NICOTINE

Nicotine causes addiction,  
impairs memory,  
processing emotions, and  
impulse control



### CADMIUM

Cadmium causes  
pneumonia-like  
symptoms which is  
cadmium poisoning



### DIACETYL

Diacetyl causes popcorn  
lung, a serious lung  
disease

Sources for e-cigarette information include:  
Centers for Disease Control & Prevention,  
Food & Drug Administration, American Lung Association,  
and Tobacco Free California.

