# Vaping and Health

**January 24, 2018**

**Fairview High School**

## What are these devices?
- E-cigarettes are made of a battery that heats a coil that heats a liquid producing an aerosol, commonly called a vapor.
- The liquid used, sometimes called e-juice or e-liquid, contains a base, flavors, and often, nicotine. Some devices can be modified to vape a variety of substances in liquid and dry forms.

## Many kinds of devices, many names.
- Potential names include: vapes, vaporizers, vape pens, hookah pens, electronic cigarettes, electronic smoking devices, electronic nicotine delivery systems, e-pipes, tanks, mods, and JUULS.
- Despite the many names, they all work similarly, and are most often intended to deliver nicotine.

## They are not safe for youth.
- High school students who have used an e-cigarette are more likely to smoke cigarettes in the future.
- Exposure to nicotine can quickly lead to dependence and change brain chemistry.
- The aerosol (called vapor) is not just water vapor and may contain many of the same chemicals as cigarette smoke, including metals and nicotine.

## You can help.
- Parents and adults are critical in youth's lives.
- Keep talking, they are listening. We can help, if you’re not sure what to say.
- You're a role model. If you are keeping these devices in your home, store them safely away from children and charge them as indicated. Disposal services are available through Boulder County.

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For more information, and local and state resources, visit:

BoulderCountyTobacco.org  
TobaccoIsNasty.com/tin/vape-is-nasty