

# E-Cigarettes & Vaping

*Information for  
Women & Their Families*



## Quick Facts

Here are some quick facts to help you make the best decision about e-cigarettes and other electronic tobacco products.

### What are E-cigarettes?

E-cigarettes and other vaping products like e-hookah and vape pens have a battery that heats up a liquid to make an aerosol. The liquids contain nicotine, flavorings, and other ingredients. When we mention e-cigarettes, we are including all the different kinds of vaping products.

### E-cigarette “vapor” is not harmless.

E-cigarette aerosol has been marketed as harmless water vapor, but it is not water vapor. It has nicotine, particles of solid material, and other chemicals that we know are bad for people to breathe.

### E-cigarettes contain nicotine.

Nicotine makes tobacco products addictive. It is bad for your heart, lungs, reproductive system, and may increase the risk of cancer. Even e-liquids that are labeled “nicotine-free” often contain some nicotine, along with other chemicals and particles.

### E-cigarette ingredients might be safe to eat, but not to breathe.

E-liquids also contain flavorings and other ingredients also found in foods. While some of the ingredients might be safe to eat, they can be very harmful to your lungs.

### E-cigarettes don’t help most people quit smoking.

Many people who try using e-cigarettes to quit smoking end up using both e-cigarettes and regular cigarettes. There are other methods and medications for quitting that are proven to work.

E-cigarettes users do not get less nicotine than cigarette smokers.

Many people say they use e-cigarettes to help cut down on nicotine. But people who use e-cigarettes often have the same amount of nicotine in their blood as those who smoke cigarettes.

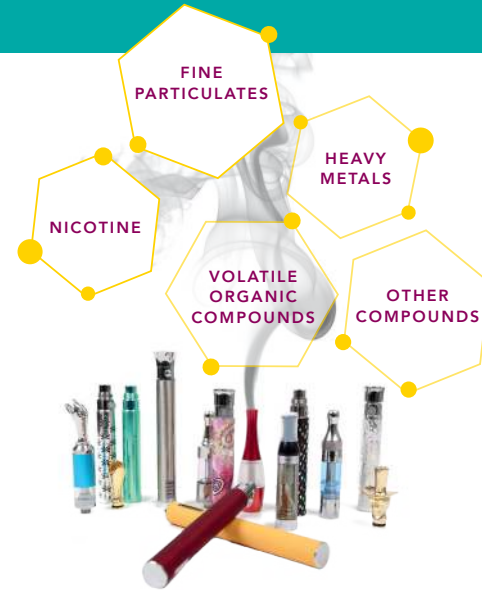
Nicotine hurts the brain.

The brain keeps developing until about 25 years old. Nicotine can change how the brain develops in fetuses, babies, children, teenagers, and young adults.

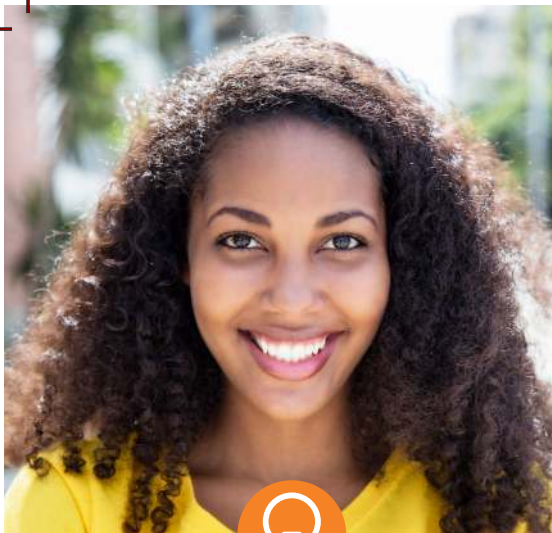
E-cigarettes are a tobacco product.

The U.S. Food and Drug Administration (FDA) has labeled e-cigarettes and other electronic products as tobacco products.

## What's in E-cigarette Aerosol?



E-cigarette aerosol is NOT “harmless water vapor.” E-cigarettes use a battery to heat up a liquid with nicotine, flavorings, and other ingredients to make an aerosol.



Quitting all tobacco use, including e-cigarettes, will help you be healthier.

## Benefits of Being Tobacco Free

Quitting tobacco is one of the best things that you can do for your health. Some benefits of quitting tobacco include:



Improving your lung health



Reducing your risk of cancer



Improving your heart health



Promoting healthier brain development in teens & young adults



Protecting bone health



Reducing the risk of painful and irregular periods

# Benefits of Staying Tobacco Free Before, During, & After Pregnancy

Quitting tobacco use is one of the most important things you can do to protect your health and your baby's health. It is best to quit before you are pregnant. If you are pregnant and using tobacco, quitting as early as possible in pregnancy is best.



Promotes healthier brain development



Lowers risk of miscarriage & stillbirth



Lowers risk of being born too early (before 37 weeks)



Lowers risk of being born too small (5 ½ pounds or less)



Lowers risk of Sudden Infant Death Syndrome



Promotes health later in life, like lower risk of obesity, type 2 diabetes, and future addiction to nicotine



Staying tobacco-free before, during, and after pregnancy helps your baby grow up healthy.



E-liquids are poisonous when swallowed or left on the skin. Keep e-liquids and e-cigarettes away from babies and children.

## E-Liquids are Poisonous

As e-cigarettes have gotten more popular, there have been more nicotine poisonings. E-liquids can be poisonous when swallowed or left on the skin, even in very small amounts. Young children are often drawn to these liquids because they smell and look like candy.

### Things to know about e-liquids:

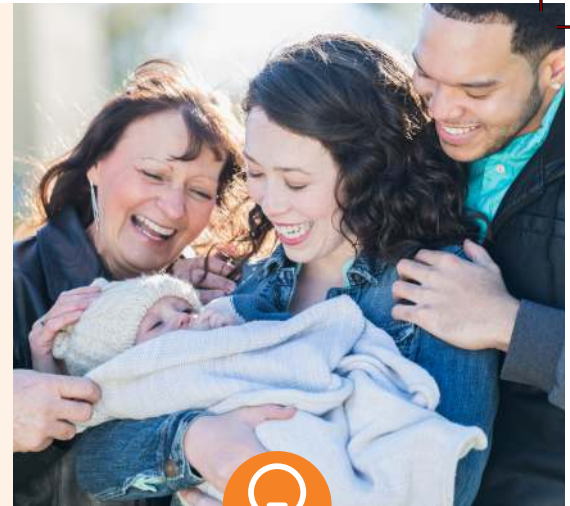
- ✗ Less than one teaspoon of liquid nicotine can kill a 20-pound toddler.
- ✗ E-liquids sold in North Carolina are required to have child-proof caps, but many children can still open them. E-liquids sold online are not required to be child-proof.
- ✗ Many of the e-cigarette devices are not childproof.
- ✗ Liquids and e-cigarettes need to be stored out of the reach of children.
- ✗ If e-liquid is swallowed or touches the skin, call Poison Control—1-800-222-1222.

# E-Cigarette Use Around You and Your Kids

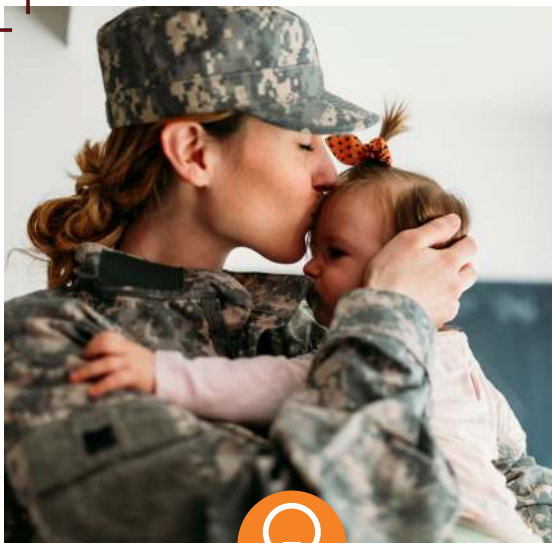
E-cigarette aerosol is not clean air. Particles and chemicals in e-cigarette aerosol also stick to clothes, walls, furniture, and floors. Babies and children can be exposed to nicotine and other chemicals that have settled on surfaces. It is important not to smoke or vape indoors, especially around babies, kids, and pregnant women.

## Suggestions for staying clear of e-cigarette aerosol:

- ✓ Leave the room or area when others use e-cigarettes.
- ✓ Ask your childcare provider not to use e-cigarettes around your children.
- ✓ Ask others not to use e-cigarettes around you or your children.
- ✓ Make your room, home and car tobacco-free and e-cigarette-free.
- ✓ Many restaurants, parks, and buildings have tobacco-free policies— try to go to places where smoking and e-cigarettes are not allowed.



Ask friends, family and other people in your life not to smoke or vape around you and your children.



If you are using e-cigarettes, it's never too late to quit. Even if you've started using e-cigarettes instead of smoking, you can still stop using tobacco. You've quit once, you can definitely do it again!

## Never Too Late to Quit!

It is never too late to quit using tobacco products.

Some people try e-cigarettes to help them quit smoking. This often leads to the use of both e-cigarettes and regular cigarettes – neither are good for you. There are better ways to quit.

To help you decide whether to stop using tobacco, make a list of your reasons for quitting. See the next page for steps to help you plan to quit.

There are medications that can improve your chances of quitting for good. These include over-the-counter nicotine patch, gum, lozenges, and prescription medications. Talk to your doctor or nurse before beginning any new medications, even over-the-counter ones, especially if you are pregnant or breastfeeding.



# Make Your Action Plan

Think about when and where you might be tempted to use an e-cigarette or other tobacco product:



List the places:

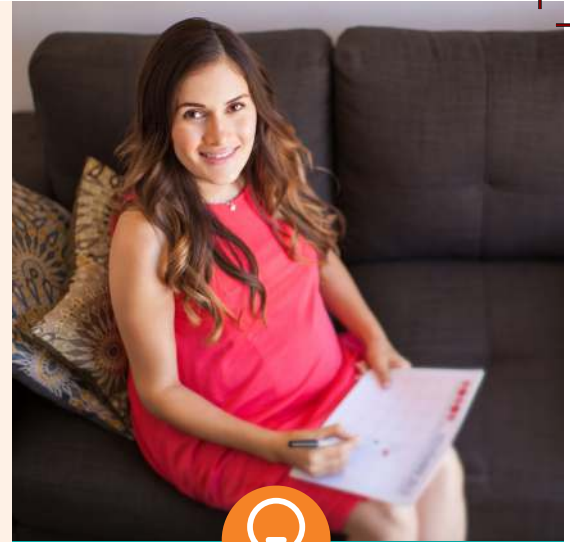
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What can you do to keep from using tobacco?

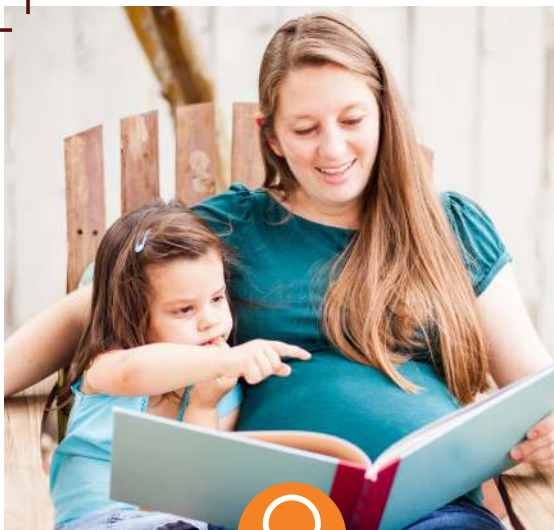


List things you can do:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



Being prepared will help you be more successful in staying tobacco-free.



Get support from family, friends, your health care provider, and quit counselors to stay tobacco-free.

## Resources



QuitlineNC  
800-QUIT-NOW  
QuitlineNC.com



Your healthcare  
provider



Your county health  
department



Websites for more information  
on being tobacco free:

- ✓ [YouQuitTwoQuit.org](https://www.YouQuitTwoQuit.org)
- ✓ [SmokeFree.gov](https://www.SmokeFree.gov)
- ✓ [BecomeAnEx.org](https://www.BecomeAnEx.org)

# Free Quit Coaching from QuitlineNC

1-800-QUIT-NOW (1-800-784-8669)

Want to more than double your chances of quitting for good? You can call QuitlineNC's toll-free number for help. You can talk with a trained Quit Coach who can help you quit using tobacco and stay tobacco-free. QuitlineNC is free, confidential, and available 24/7.

In addition to phone support, QuitlineNC offers text message-based counseling and web-based coaching. Visit [QuitlineNC.com](http://QuitlineNC.com) or call the toll-free number for more information on these options.



Double your chances of  
quitting tobacco —  
Call 1-800-QUIT-NOW



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