

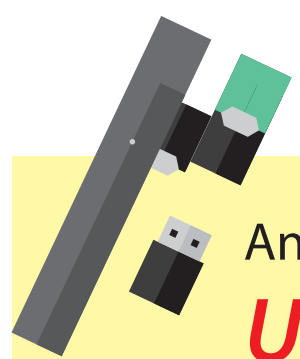
BEWARE OF E-CIGARETTES

Electronic cigarettes (e-cigarettes) are battery-powered devices that can deliver nicotine and flavorings to the user in the form of an aerosol. E-cigarettes come in many shapes and sizes.



OKLAHOMA CITY
INDIAN CLINIC
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WHAT'S THE BOTTOM LINE?



An e-cigarette can be shaped like:

USB flash drives, **cigarettes, cigars, pipes, pens** and other **common objects**.

The use of any tobacco product — including e-cigarettes—is **unsafe** for young people.



Most e-cigarettes contain **nicotine**, which is highly addictive and **harms brain development**, which continues until about **age 25**.



DID YOU KNOW?

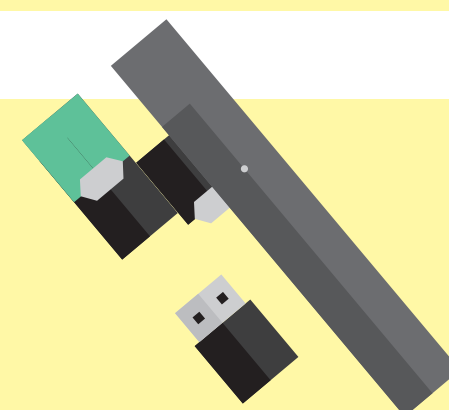


- » Most e-cigarettes contain nicotine, the same addictive and poisonous chemical found in cigarettes and other tobacco products.
- » E-cigarette use in middle-schoolers and high-schoolers has dramatically increased. No youth should use e-cigarettes or any tobacco product.
- » E-cigarette flavorings and vapor can have other substances that cause lung disease, heart disease, and cancer, as well as other diseases.
- » E-cigarette use may lead teenagers to other more harmful tobacco products later in life.
- » E-cigarettes expose people to secondhand vapor that may contain harmful substances.
- » There have been reports of e-cigarettes exploding and causing serious injuries. Usually, the explosions are caused by batteries that are not working well or are not handled as they should be.



WHAT CAN PARENTS DO?

- » Learn about the different shapes and types of e-cigarettes and the risks of all forms of e-cigarette use for young people.
- » Talk to your children about the risks of e-cigarette use among young people. Express firm expectations that your child remains tobacco free.
- » If you use or used tobacco, tell your children about your struggle with nicotine addiction and how you don't want that for them.



WHAT IS VAPING AND JUULING?

- » "Vaping" means breathing in the aerosol or vapor of an e-cigarette. It's important to know the aerosol coming out of an e-cigarette is **NOT water vapor** and **IS harmful**.
- » "JUULing" is a slang term created by users of a brand of e-cigarettes called JUUL, which is popular among teenagers and young adults.

For information, answers, and support, speak with your provider, visit our website at okcic.com or call (405) 948-4900.

