



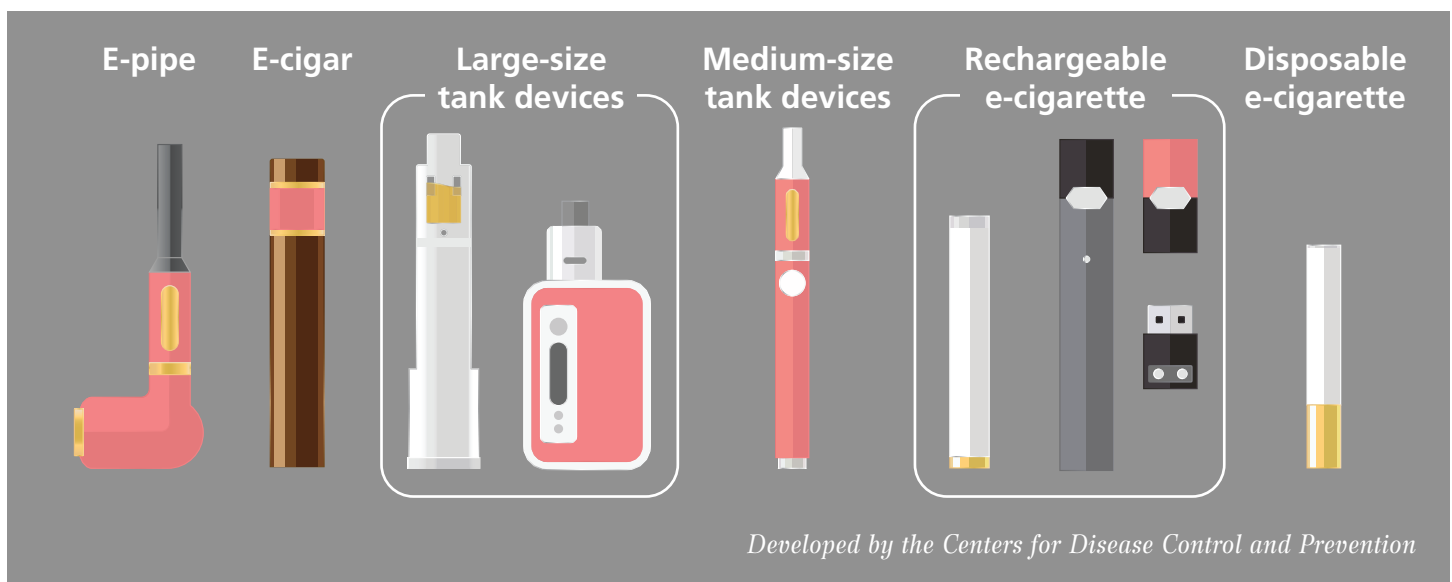
The dangers of vaping

At Alameda Alliance for Health (Alliance), we are here to help you take charge of your health. You can use this guide to learn about the dangers of vaping and e-cigarettes.

WHAT ARE E-CIGARETTES?

E-cigarettes work by heating a liquid (“e-liquid”) into an aerosol that is breathed into the lungs. The liquid most often contains nicotine, flavor, and other chemicals. They are also used to smoke marijuana or hash oil.

The use of e-cigarettes is also called “vaping.” E-cigarettes go by other names such as e-cigs, e-hookahs, vapes, vape pens, tank systems, or mods. They come in many shapes and sizes.



E-CIGARETTES ARE DANGEROUS.

- E-cigarette aerosol is NOT water vapor. It can hurt the lungs.
- The nicotine and chemicals in e-cigarettes can cause cancer, birth defects, and other health problems. Nicotine harms children’s brain development into their early to mid-20s.
- People can become addicted to nicotine from using e-cigarettes. They then may start using tobacco cigarettes, which are even more harmful.
- E-cigarettes in fruit and candy flavors appeal to young children.



DO E-CIGARETTES HELP SMOKERS QUIT?

No. E-cigarettes have not been approved by the Food and Drug Administration (FDA) as a quit-smoking aid. Ask your doctor about safe, effective methods to quit smoking.

SAFETY TIPS

- Nicotine is a poison. Never leave e-cigarettes or e-liquids where children and pets can get them.
- Call the California Poison Control System toll-free at **1.800.222.1222** right away if any e-liquid is swallowed, or gets on the skin or in the eyes.
- Never allow the use of e-cigarettes in your home. They pollute the air.
- Pregnant and breastfeeding people, children, and teens should never use e-cigarettes or be exposed to the aerosol.
- Dispose of e-cigarettes and pods or cartridges (nicotine-based only) at a free household drop-off facility. To find one near you, please visit **stopwaste.org**.

Do you need more support?

Please call Alliance Health Programs

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4577**

Toll-Free: **1.855.891.9169**

People with hearing and speaking impairments

(CRS/TTY): **711/1.800.735.2929**

www.alamedaalliance.org

HELP & RESOURCES

If you use e-cigarettes with nicotine or other tobacco products, and want help quitting, please call Kick It California toll-free at **1.800.300.8086** (interpreter offered) or visit **kickitca.org**.

For more information, please visit:

- **cdc.gov/tobacco**
- **e-cigarettes.surgeongeneral.gov**
- **flavorshookkids.org**
(English, Spanish, Chinese, Vietnamese)



ALAMEDA
Alliance
FOR HEALTH

HE_MBRS_CS_EC 06/2022
HED SC-3 REVIEW 06/2022