



American Heart Association®

Hard Hats with Heart™

# What You Need to Know About Vaping

## What is vaping?

E-cigarettes are battery-operated devices that heat liquid to release an aerosol (vapor) inhaled by the user.

The liquid can contain propylene glycol, nicotine, flavorings and other substances. E-cig makers and supporters claim they provide a healthier alternative to smoking.

## Can it really help me stop smoking?

E-cigarettes are sometimes marketed as a way to quit smoking but **there is not enough conclusive scientific evidence that it works.**

## What's the bottom line?

If you don't currently use tobacco, don't try vaping. There is no such thing as a risk-free tobacco product.

## What are the risks?



Exposure to nicotine, which is highly addictive, as well as toxins, metals and other contaminants.



The liquid can be toxic if eaten or absorbed through the skin – a poisoning risk to young children in users' households



Exposing non-users around them to the harmful chemicals through the exhaled vapor



Vaping may re-normalize tobacco use and get kids started. In 2018, vaping went up by 78 percent for high school students.