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MN

QUITTING TOBACCO AND VAPING

# VAPING: WHAT'S THE BIG DEAL?

Turns out, plenty.

# WHAT IS VAPING?

Vaping is short for vaporize. That's how an e-cigarette works. It heats liquid to produce an aerosol that is inhaled into the lungs. Aside from nicotine, which is highly addictive, the vape liquid may also contain other harmful substances<sup>1</sup> like:

- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin and lead
- Ultrafine particles
- Flavoring such as diacetyl, a chemical linked to lung disease

## VAPING'S TOLL ON OUR HEALTH

There have been 1,604 vaping-related lung injury cases to date, and a number of them resulting in fatalities.<sup>2</sup> The specific cause has not been determined. Until it is, the only safe bet is to avoid all vaping products.



**1 IN 5**  
high school kids  
has tried vaping<sup>3</sup>

**1 IN 20**  
middle school kids  
has tried vaping<sup>3</sup>

## FROM FAD TO FATAL



**do.**<sup>®</sup> more for your health

If you'd like more information on vaping or how to quit, call the support line today.

**1-888-662-BLUE (2583)** or TTY **711**

<sup>1</sup>Centers for Disease Control and Prevention (CDC) Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion, Quick Facts on the Risks of E-cigarettes for Kids, Teens and Young Adults, March 11, 2019.

<sup>2</sup>CDC, Outbreak of Lung Injury Associated with E-Cigarette Use, or Vaping, Products, October 24, 2019.

<sup>3</sup>CDC, "Notes from the Field: Use of Electronic Cigarettes and Any Tobacco Product Among Middle and High School Students — United States, 2011–2018," November 16, 2018.