

# E-cigarettes and Vapes



*E-cigarettes are battery-powered devices like JUUL and Blu that allow users to inhale, or vape, aerosolized liquid (e-juice). Vapes, e-cigarettes, hookah pens, e-pipes, and other vaping devices are the most commonly used tobacco product among kids.*

## Know the Risks

### **E-cigarettes are not safe for youth.**

Most e-cigarettes contain nicotine, which is highly addictive.

- Nicotine can harm brain development as teens grow, with negative impacts on learning, memory, attention, and future addiction.
- Nicotine is harmful to the health of unborn children.
- Nicotine can be toxic, even deadly, in high doses.

*Learn more about nicotine at [www.health.mn.gov/nicotine](http://www.health.mn.gov/nicotine).*

## **E-cigarettes attract kids despite the dangers.**

- E-cigarettes are available in fruit and candy flavors, which appeal to youth.
- E-cigarette ads sometimes use endorsements from celebrities popular among youth.
- E-cigarettes are available where kids shop, like convenience stores and online.

## **E-cigarettes are not proven to help people quit smoking.**

E-cigarettes are not proven to help people quit smoking, and they are not FDA-approved quit aids. Free quitting medications and counseling are available to all Minnesotans by visiting QUITPLAN® Services at [www.quitplan.com](http://www.quitplan.com) or by calling 1-888-354-PLAN (7526).

Minnesotans on Medical Assistance can also get free medications and counseling, and should talk to their doctor.

*For more free quitting help visit [www.health.mn.gov/quit](http://www.health.mn.gov/quit).*

## **For more information**

- [www.health.mn.gov/ecigarettes](http://www.health.mn.gov/ecigarettes)



At the Minnesota Department of Health we work for all people and communities to have what they need to be healthy.

Visit us at [www.health.state.mn.us](http://www.health.state.mn.us)