WHAT’S THE DEAL WITH DISPOSABLE E-CIGS?

More of your buddies may be using disposable e-cigarettes these days. So what exactly are they and how might they harm your health?

DISPOSABLE E-CIGS...

- Are a tobacco product that heats e-liquid, creates vapor and cannot be recharged or refilled. While these products may come in many flavors and seem appealing, THEY CAN BE HARMFUL.

- Expose you to dangerous chemicals (like nicotine) that could harm brain development and AFFECT BRAIN FUNCTION.

- Can only be used at designated tobacco use areas and are NOT PROVEN TO BE HEALTHIER, safer or an effective way to quit smoking just like other tobacco products.

- May appear cheaper in cost per device, but due to their high levels and the type of nicotine, you may use them faster (which means SPENDING MORE MONEY and a stronger addiction).

- Can cause NICOTINE ADDICTION. Each disposable e-cig has just as much or more nicotine as one pack of traditional cigarettes or one JUUL pod.

BETWEEN JULY 2019 AND MARCH 2020

But other types of dangerous e-cigarette products (like disposable e-cigs) increased from

18% TO 46%

DON’T BE FooLED BY DISPOSABLE E-CIGS

Learn more about how using tobacco and e-cigs can negatively affect your health so you can stay mission ready at www.ycq2.org.