

E-CIGS AND VAPES: KNOW THE FACTS

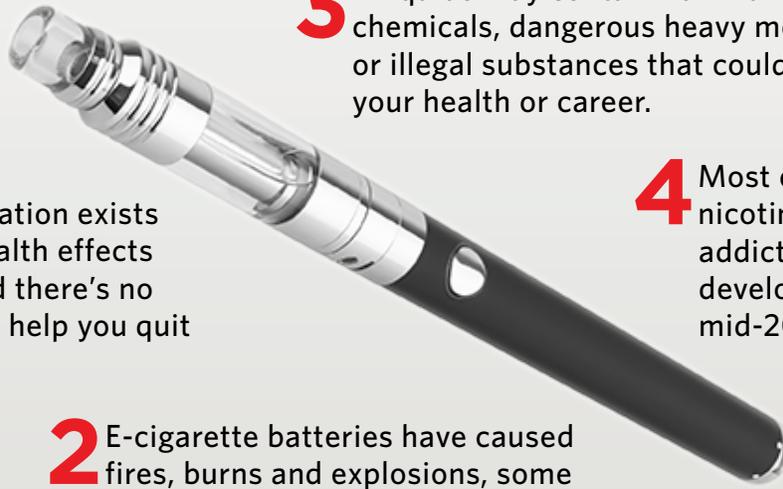
E-CIGARETTES CAN HURT YOU.

1 Not enough information exists on the safety or health effects of e-cigarettes, and there's no proof that they will help you quit tobacco long-term.

2 E-cigarette batteries have caused fires, burns and explosions, some resulting in serious injury.

3 E-liquids may contain harmful chemicals, dangerous heavy metals or illegal substances that could hurt your health or career.

4 Most e-cigarettes contain nicotine, which is highly addictive and can harm brain development through your mid-20s.



YES! THESE ARE TOBACCO PRODUCTS

E-cigarettes are battery-operated devices that heat liquid into a vapor that users inhale. You can only use these devices in outdoor DTUAs.



Electronic cigarette
or e-cig



Vaporizer
or vape



E-pen or
vape pen



Tank system
or tank device



E-hookah or
hookah pipe



Mod/pod mod
or JUUL



E-pipe or
vape pipe

THE PRODUCTS SHOWN ABOVE ARE ALSO CALLED ENDS
(ELECTRONIC NICOTINE DELIVERY SYSTEMS) IN DoD POLICY.

QUITTING CAN BE HARD, BUT YOU'VE GOT THIS!

E-cigarettes might seem like a good way to quit other tobacco products, but they come with their own risks and are not a proven quit aid.



YOU CAN QUIT²

ycq2.org



Contact Us: dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil