

# What we know about e-cigarettes



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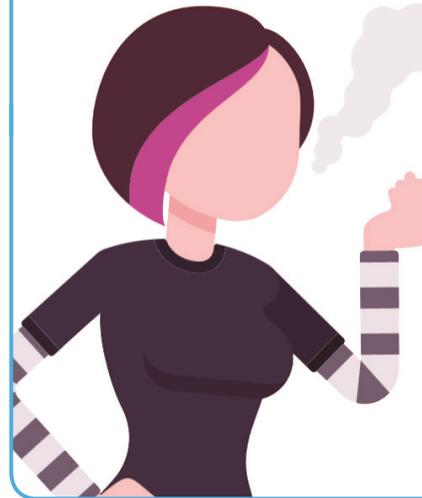
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Most e-cigarettes contain nicotine, which is highly addictive and can harm brain development, which continues until about age 25.

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E-cigarette aerosol is not harmless. Even though the aerosol generally contains fewer harmful chemicals than smoke from burned tobacco products, it can still contain many harmful ingredients.

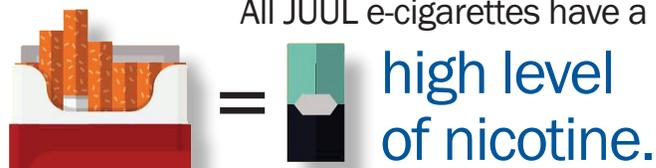


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# What is JUUL?

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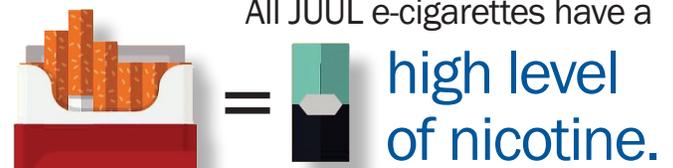


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## What parents can do:

- Learn about different types of e-cigarettes and the risk for young people.
- Talk to their children about the risks.
- Set an expectation that their child remains nicotine free.
- Set a positive example by not smoking or vaping.

## What educators can do:

- Learn about different types of e-cigarettes and the risks for young people.
- Implement and enforce e-cigarette/tobacco-free school policies including special events.
- Talk to students about e-cigarette/tobacco prevention.

## What health care providers can do:

- Incorporate e-cigarette questions when using the 5A's method of tobacco intervention.
- Warn patients about the risks of all tobacco and e-cigarette products for young people.

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