What Are E-Cigarettes?
E-cigarettes are battery-powered, handheld devices that mimic the experience of smoking a cigarette. There are many different kinds. They may look like pens, flash drives, or pipes. E-cigarettes may also be called e-cigs, vapes, e-hookahs, vape pens or electronic nicotine delivery systems.

How Do E-Cigarettes Work?
E-cigarettes work by heating a liquid into a vapor, which the person inhales. This liquid contains nicotine plus any number of harmful and potentially harmful flavors, chemicals, heavy metals and fine particles. These substances are then taken into the lungs and exhaled into the environment.

Is Vaping Safer Than Smoking?
E-cigarettes have been touted as a safer alternative to smoking tobacco. But they are far from safe. Further, there hasn’t been enough time to fully understand how they might affect health. E-cigarettes arrived in the U.S. only about 10 years ago.

The Centers for Disease Control and Prevention says e-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco.
What Are Warning Signs?

If you vape or someone you know vapes and has the following symptoms, be sure to seek medical help:

- Coughing, shortness of breath or chest pain
- Nausea, vomiting or diarrhea
- Fatigue
- Fever
- Tummy pain

Some of the recently reported lung injuries have been described as chemical burns. Investigations are ongoing, but illnesses or deaths have now been reported in more than 30 states.

If you need help to stop smoking or vaping, talk to your health care professional.

To learn more, go to CardioSmart.org/StopSmoking