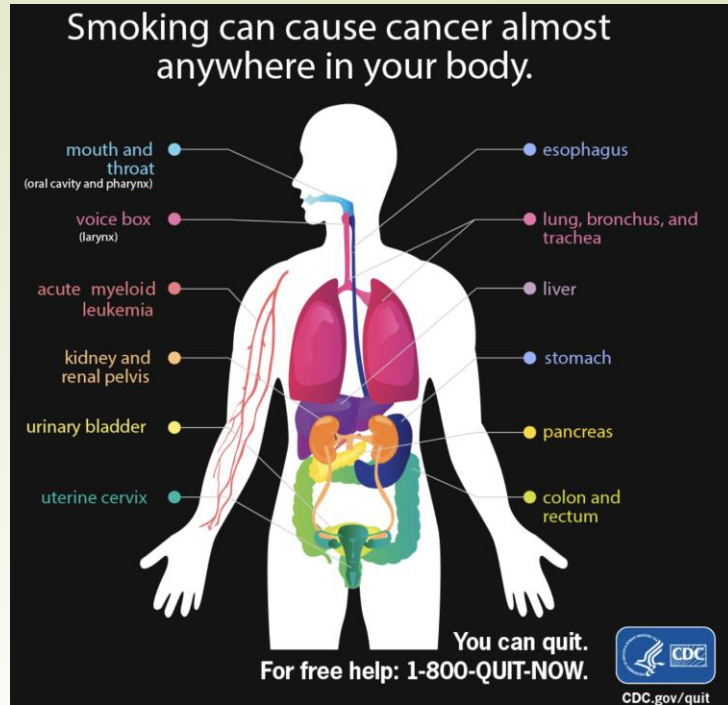


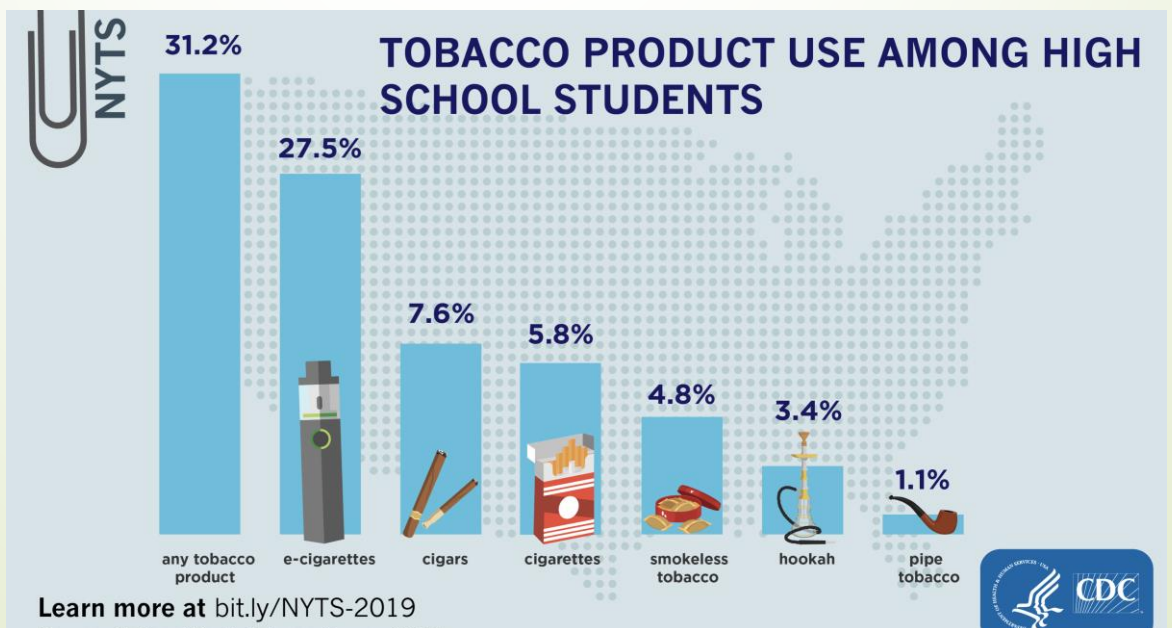
# TOBACCO AND E-CIGARETTES

Tobacco use is the leading preventable cause of disease and death in the United States.

- Tobacco contains nicotine, which is a chemical compound that leads to tobacco addiction.
- It is not the nicotine itself that causes disease and death; it is the many other chemicals, some carcinogens, that are used in cigarettes and other other forms of tobacco.



- Because the coronavirus attacks the lungs, experts are warning that those who smoke or vape are at greater risk for COVID-19 complications.
- Among young people who were tested for COVID-19, research found that those who vaped were five to seven times more likely to be infected than those who did not use e-cigarettes.



## Additional Resources:

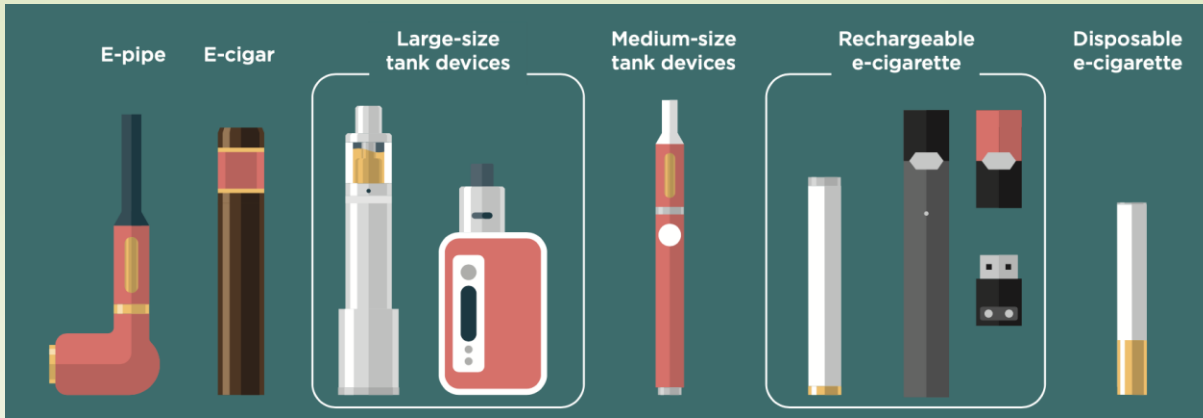
[Tobacco, Nicotine, and E-Cigarettes Research Report](#)  
[The facts on e-cigarette use among youth and young adults](#)  
[About Electronic Cigarettes \(E-Cigarettes\)](#)

#RYI live longer  
 #MGC make good choices



# TOBACCO AND E-CIGARETTES

## What are E-cigarettes?



## What are the health risks of using e-cigarettes?

Most e-cigarettes contain nicotine, which has known health effects:

- Nicotine is highly addictive.
- Nicotine is toxic to developing fetuses.
- Nicotine can harm adolescent brain development, which continues into the early to mid-20s.
- Nicotine is a health danger for pregnant women and their developing babies

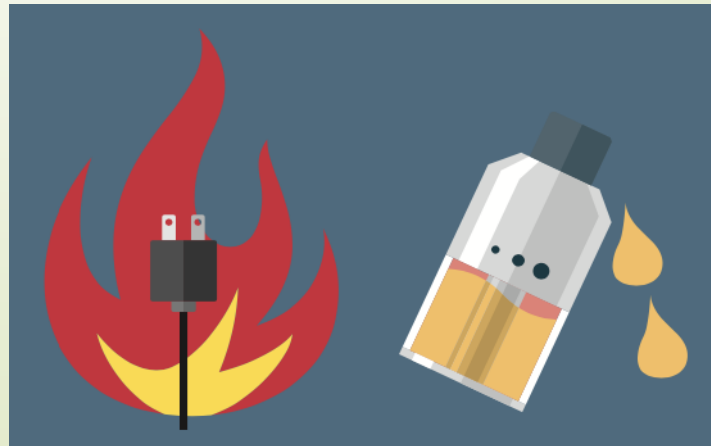


Besides nicotine, e-cigarette aerosol can contain substances that harm the body.

- This includes cancer-causing chemicals and tiny particles that reach deep into lungs. However, e-cigarette aerosol generally contains fewer harmful chemicals than smoke from burned tobacco products.

E-cigarettes can cause unintended injuries.

- Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries.
- In addition, acute nicotine can be toxic.

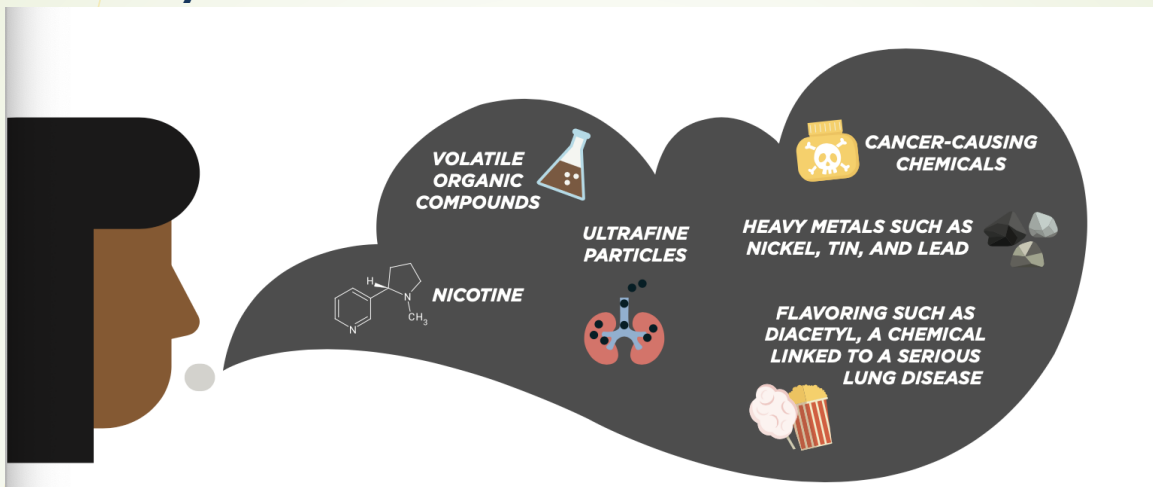


# TOBACCO AND E-CIGARETTES

## Are e-cigarettes less harmful than regular cigarettes?

E-cigarette aerosol generally contains fewer toxic chemicals than the deadly mix of 7,000 chemicals in smoke from regular cigarettes. However, e-cigarette aerosol is not harmless. It can contain harmful and potentially harmful substances, including nicotine, heavy metals like lead, volatile organic compounds, and cancer-causing agents.

## The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances:



## How can you tell if using cigarettes or e-cigarettes is a problem for you?

Ask yourself the following questions:

- Do you sometimes wake up at night to smoke/vape?
- Is it hard to keep from smoking/vaping in places where you are not supposed to?
- Do you ever have strong cravings to smoke/vape?
- Are you currently smoking/vaping because it is hard to quit?
- Have you made one or more attempts to quit in the past 6 months?

*If you haven't smoked/vaped for a while...OR when you tried to stop smoking/vaping...*

- Did you feel more irritable because you couldn't vape/smoke?
- Did you feel nervous, restless or anxious when you run out of cigarettes or e-cigarette materials?

**A "yes" to three or more questions could mean that alcohol has become problematic for you.**

Funded by U.S. DOT/NHTSA (National Highway Traffic Safety Administration) and ODPS (Ohio Department of Public Safety),

The Safety Council of Southwestern Ohio is the fiscal agent for Butler County Safe Communities



COALITION for a  
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