

# Whatever You Call Them.. Don't Call Them Safe

Electronic cigarettes (also called e-cigarettes or vapes) are battery-operated devices designed to deliver nicotine with flavorings and other chemicals to users in vapor instead of smoke. They can be manufactured to resemble traditional tobacco cigarettes, cigars and pipes, or even everyday items such as pens or USB memory sticks.

## Did You Know?

E-cigarette aerosol contains at least 10 chemicals known to cause cancer, birth defects, and other reproductive harm.

Youth who use e-cigarettes are twice as likely to try traditional tobacco products within one year.

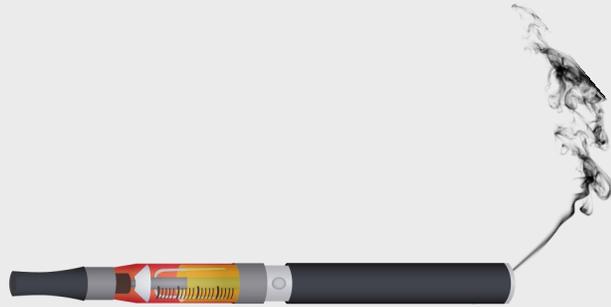
Almost all e-cigarettes contain nicotine—including many that claim to be nicotine free.

The FDA has not found any e-cigarette to be safe and effective in helping smokers quit.

**YOU MUST BE 18 TO PURCHASE/USE THESE PRODUCTS**

For more information please contact:  
www.FrederickCountyMD.gov/FCHD/TobaccoFree  
301-600-1755

VapePen  
E-HookahMod  
ElectronicCigarette  
**Vape**  
E-CigVaporizer  
VapePipe



## Are E-Cigarettes Safer than Conventional Cigarettes?

According to the National Institutes of Health (NIH), cigarette smoking remains the leading preventable cause of death, responsible for over 400,000 deaths in the United States each year. E-cigarettes are designed to mimic the act of smoking, but with less of the toxic chemicals. Because they deliver nicotine without burning tobacco, e-cigarettes appear as if they may be a safer alternative to conventional cigarettes, but are they really?

**The Answer is No!!!** Although they do not produce tobacco smoke, e-cigarettes may still contain nicotine and other dangerous chemicals. Nicotine is a highly addictive drug, and recent research suggests that nicotine exposure may also cause individuals to become addicted to other substances as well.

## What's in E-Cigarettes?

Until recently, the FDA had not been regulating the oversight of e-cigarette products, however beginning on August 8th, 2016, that will all change. Up until this point, nearly 500 brands and 7,700 flavors of e-cigarettes are on the market, all without an FDA evaluation determining what's in them. This means there is no way for anyone—healthcare professional or consumer—to know the chemicals they contain, or how e-cigarette use might affect health in the short or long term.

## Appeal of Products:

There's no denying it, ads for tobacco products are everywhere from convenience store windows, magazine ads, and grocery stores, the problem however is that more and more of these products are marketed toward adolescents by using fun and fruity flavors that make these products look fun, appealing, and safe. This false advertising however causes hundreds of children to become hooked on this very addictive habit at a very young age. Although the tobacco companies claim they do not market to kids, they use flavorings, bright wrappers, and containers that look similar to candy to entice the kids to try these products.

## Middle and High School E-Cigarette Smokers in Frederick County

According to the 2014 Youth Risk Behavior Survey (YRBS)

5.2% of middle schoolers in Frederick County currently smoke e-cigarettes.  
23.8% of high schoolers in Frederick County currently smoke e-cigarettes.

Good News! 85.5% of middle and high school students in Frederick County chose not to smoke e-cigarettes.

