



# VAPES

## MYTHS & REALITIES

**Myth:** Vapes produce a harmless water vapor.

**Reality: Vapes produce an aerosol that has nicotine and toxins known to cause cancer.** These toxic chemicals include things like Formaldehyde, Lead, and Nickel, some of the same chemicals found in tobacco products.

**Myth:** Vapes are safe.

**Reality: Vapes are NOT a risk-free product.** They contain nicotine and low levels of toxins and chemicals. Vapes are especially dangerous for teens, whose brains are still developing. Teens who vape are at risk for nicotine addiction, depression and other mood disorders, difficulty paying attention, and reduced impulse control.

**Myth:** Vaping isn't addictive.

**Reality: Nicotine is a highly addictive drug.** Nicotine is one of the main ingredients in most vape e-liquids.

**Myth:** Vapes help people quit tobacco.

**Reality: Vapes are not approved by the FDA to help people quit tobacco.**

Some people switch from cigarettes to vapes. But switching isn't quitting. In fact, vape use among youth and young adults is strongly linked to the use of other tobacco products, such as regular cigarettes, cigars, hookah, and smokeless tobacco.

**Myth:** Big Tobacco doesn't make vape products.

**Reality: All major tobacco companies now make vapes.** By 2020 the vape market is expected to reach \$15 Billion.

### For more information:

Department of Public Health  
<http://fcdph.org/tobacco>  
(559) 600 6449

For free help to quit call:

1-800-NO-BUTTS  
(1-800-662-8887)

or visit:

[www.nobutts.org](http://www.nobutts.org)

### Sources:

U.S. Department of Health and Human Services, in partnership with the Office of the U.S. Surgeon General and the U.S. Centers for Disease Control and Prevention, Office on Smoking and Health. Know the Risks of E-cigarettes and Young People. <https://e-cigarettes.surgeongeneral.gov/knowtherisks.html> [Accessed 8/2018]

California Department of Public Health. Flavors Hook Kids. [www.flavorshookkids.org](http://www.flavorshookkids.org) [Accessed 8/2018]

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