

*The Vermont Department of Health  
advises against the use of*

# E-CIGARETTES



**The Health Department recommends that tobacco users who are trying to quit use proven quit tools, including nicotine replacement therapy (e.g., the patch), along with individual, group or phone counseling.**

- E-cigarettes may damage lung and heart health.
- Vapor from e-cigarettes can contain harmful toxins.
- E-cigarettes send nicotine to the brain, and you face the same risk of addiction as with other tobacco products.

E-cigarettes are sometimes called vape-pens, mods or e-hookahs. They work with a battery that heats a liquid. This gives off a vapor that the user inhales and can expose others to unknown toxins.

Many of the flavors appeal to youth. There are over 200 calls a month to poison control centers across the nation because of e-cigarette liquid. Most of the calls are due to children touching or drinking the e-cigarette liquid.

E-cigarettes are not regulated by the Food and Drug Administration (FDA). The FDA did study e-cigarettes. They found that the amount of nicotine in the liquid was not always the same as what it said on the label, nor it is known what other toxins are in the liquid. Nicotine makes your heart beat faster and raises blood pressure. It can also poison you if your body takes in too much.

**YOU CAN QUIT.**

**[www.802quits.org](http://www.802quits.org)**

**1-800-QUIT-NOW**

or 1-800-784-8669

**802Quits provides free resources to quit tobacco and e-cigarettes, including nicotine replacement therapy, and phone, online and in-person quit coaching.**

 **VERMONT**  
**DEPARTMENT OF HEALTH**