



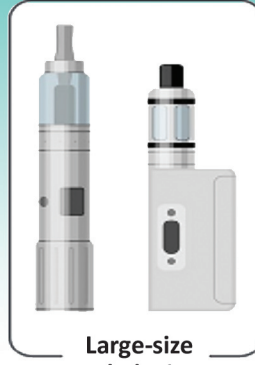
E-CIGARETTE FACT SHEET



E-pipe



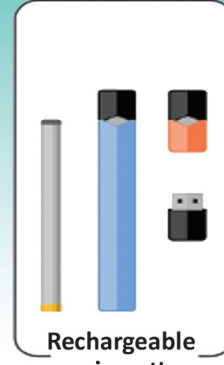
E-cigar



Large-size
tank devices



Medium-size
tank devices



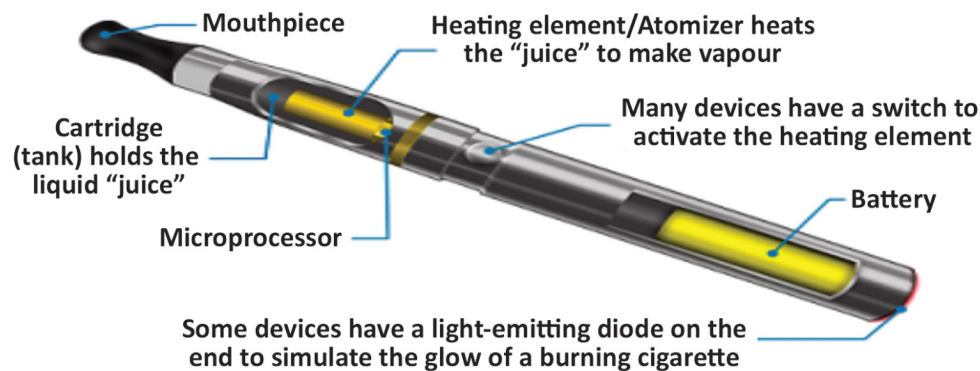
Rechargeable
e-cigarette



Disposable
e-cigarette

- E-cigarette use is called Vaping.
- Also known as electronic nicotine delivery systems (ENDS), JUULS, e-hookahs, and vape pens.
- E-cigarettes are battery operated or rechargeable using a USB port.
- Use a heating element to heat e-liquid, releasing a chemical-filled aerosol. The vapour is inhaled.
- E-cigarettes contain nicotine, flavours such as menthol, and other toxic and highly addictive substances.
- E-cigarettes are often marketed as a cessation aid, and to young people.

WHAT'S IN AN E-CIGARETTE



SMOKE FREE DOES NOT MEAN SAFE!

- The aerosol from e-cigarettes is not harmless.
- E-cigarette use has been associated with severe respiratory illnesses and death.
- E-cigarettes cause coughing, vomiting, abdominal pain, blurry vision, throat and mouth irritation.
- Nicotine can harm adolescent brain development, affecting attention and learning.
- Inhaling second-hand aerosol from e-cigarettes may be harmful.
- E-cigarettes may explode and cause fires!



Jamaica Coalition for Tobacco Control



For more information, please contact
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