e-cigarette facts and myths

**MYTH:** “E-cigarettes create ‘water vapor’ that is harmless.”

**FACT:** It’s NOT “water vapor.”1 E-cigarettes produce aerosol that is made up of very small toxic particles known to cause cancer.2 This aerosol can increase the risk of asthma or block arteries and cause a heart attack.3

**MYTH:** “E-cigarettes are a healthy alternative to smoking.”

**FACT:** Right now, there is no proof showing that e-cigarettes (e-cigs) or vaping is safe.5 Just like in regular cigarettes, the vapor inside the e-cig contains harmful material.7 Inside there is fluid used to embalm, chemicals that can cause cancer, toxins, poisons, and metals.

**MYTH:** “E-cigarettes can help people quit smoking.”

**FACT:** E-cigarettes’ ability to aid in helping people quit smoking has not been proven.5

**MYTH:** “E-cigarettes are not marketed towards youth.”

**FACT:** The data shows that more youth now use.6 The way e-cigs look and the flavors they come in appeal to young people. This leads them to smoke normal cigarettes.4

**MYTH:** “It is safe to smoke e-cigarettes around others.”

**FACT:** When people smoke around you, harmful health effects can occur. The vapor puts small liquid matter into indoor air that can cause cancer and contains nicotine.7

**MYTH:** “E-cigarettes are a socially acceptable alternative to regular cigarettes.”

**FACT:** Although vaping doesn’t contain tobacco, most of them contain nicotine – the chemical that makes you an addict. You can be more hooked on nicotine than cocaine or heroin.

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