• E-cigarettes and other vaping devices can deliver nicotine, flavorings and other drugs such as THC and CBD.
• Nicotine is a dangerous and highly addictive chemical. It can cause an increase in blood pressure, heart rate and flow of blood to the heart.
• The CDC’s investigation into lung injuries associated with e-cigarette use or vaping suggest THC products play a role.
• While the CDC investigation is ongoing, individuals should not use e-cigarettes or other vaping devices.
• People should never buy vaping products off the street or modify or add any substances to e-cigarette products.
• E-cigarette aerosol is not harmless water vapor. In addition to nicotine, the aerosol contains other harmful substances including diacetyl (a chemical linked to a serious lung disease), cancer-causing chemicals and heavy metals such as nickel, tin and lead.
• Use of any tobacco product by adolescents, including e-cigarettes or other vaping devices, is unsafe. Most e-cigarettes contain nicotine which can harm adolescent brain development, continuing into the early to mid-20s. Young people who use e-cigarettes may be more likely to go on to use regular cigarettes or other addictive drugs.
• E-cigarettes and other vaping devices that deliver nicotine or other drugs are not safe to use during pregnancy. Nicotine is a health danger for pregnant women and can damage a developing baby’s brain and lungs, cause low birthweight and/or lead to sudden infant death syndrome (SIDS).
• Symptoms of vaping-associated illness, which worsen over time, include cough, shortness of breath, fatigue, chest pain, nausea, vomiting and diarrhea. People with a history of vaping who are experiencing breathing problems or any of these symptoms should seek medical care.
• E-cigarettes are not currently approved by the Food and Drug Administration (FDA) as a quit smoking aid. If you are an adult who used e-cigarettes containing nicotine to quit cigarette smoking, do not return to smoking cigarettes.
• Contact your health care provider if you need help quitting tobacco products, including e-cigarettes, or call the Georgia Tobacco Quit Line at 1-877-270-STOP (877-270-7867).