

Smoking & Tobacco Use



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[Smoking & Tobacco Use Home](#)

Electronic Cigarettes

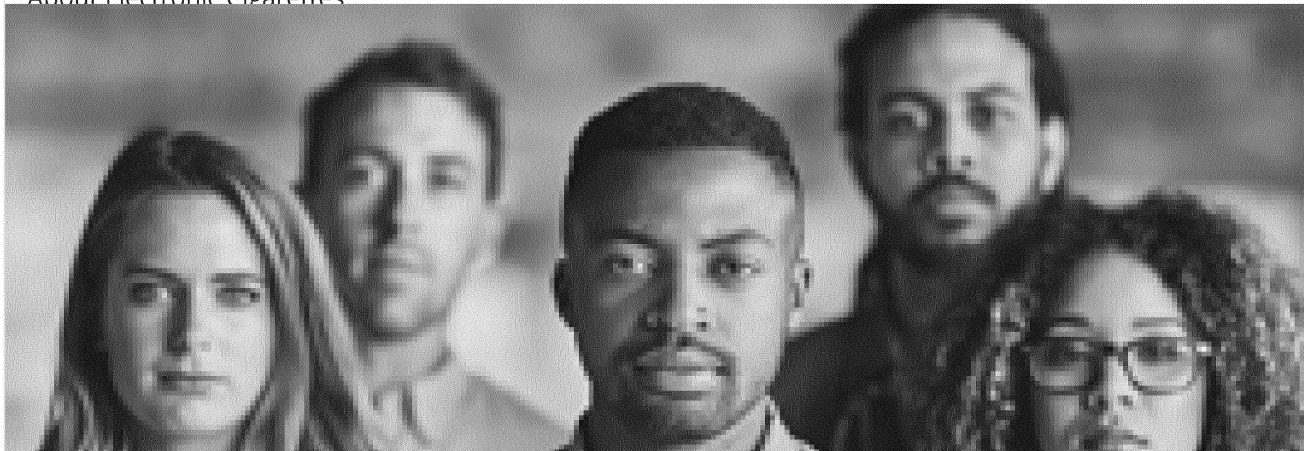
Get the facts about electronic cigarettes, their health effects and the risks of using e-cigarettes.

E-cigarettes are sometimes called “e-cigs,” “vapes,” “e-hookahs,” “vape pens,” and “electronic nicotine delivery systems (ENDS).” Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items.

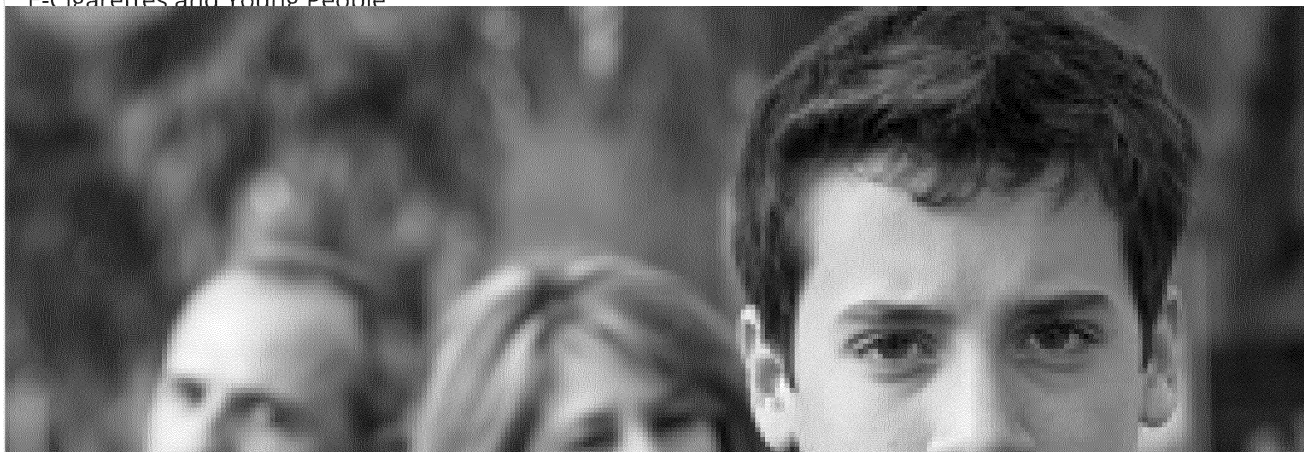
EMPOWER
Vape-Free
YOUTH™

[Resources to Help Students Reject Vaping](#)

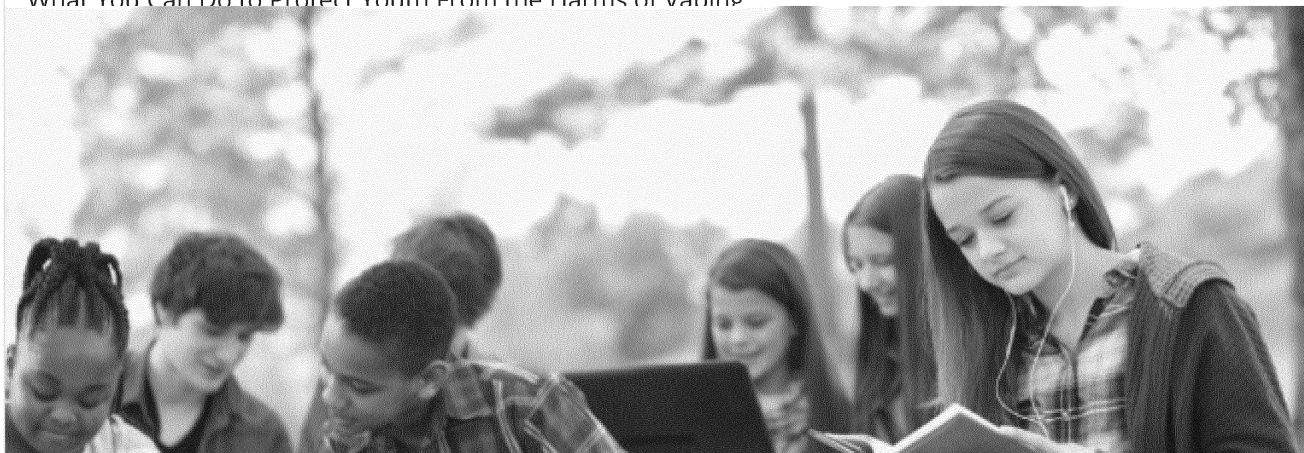
About Electronic Cigarettes

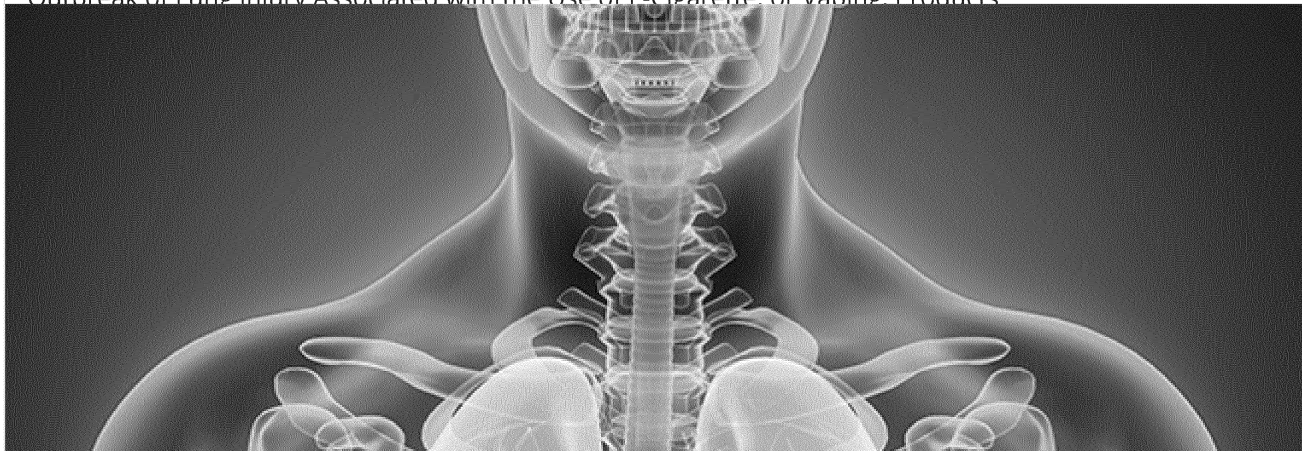


E-Cigarettes and Young People



What You Can Do to Protect Youth From the Harms of Vaping





What's the bottom line?

- E-cigarettes have the potential to benefit adult smokers who are not pregnant if used as a complete substitute for regular cigarettes and other smoked tobacco products.
- E-cigarettes are not safe for youth, young adults, and pregnant women, as well as adults who do not currently use tobacco products.
- While e-cigarettes have the potential to benefit some people and harm others, scientists still have a lot to learn about whether e-cigarettes are effective for quitting smoking.
- If you've never smoked or used other tobacco products or e-cigarettes, don't start.
- Additional research can help understand long-term health effects.

Resources



Fact Sheet for Educators:

- [Download \[PDF – 2MB\]](#)

ELECTRONIC CIGARETTES

WHAT'S THE BOTTOM LINE?


CIGARRILLOS ELECTRÓNICOS

¿CUÁL ES LA CONCLUSIÓN?



E-cigarette, or Vaping, Products Visual Dictionary

This product is intended for educational purposes only for public health officials and healthcare providers. The devices and brands presented in this pamphlet are intended to highlight the different e-cigarette, or vaping, product generations and substances used in these devices.

 [PDF - 3 MB]

Last Reviewed: September 4, 2023