

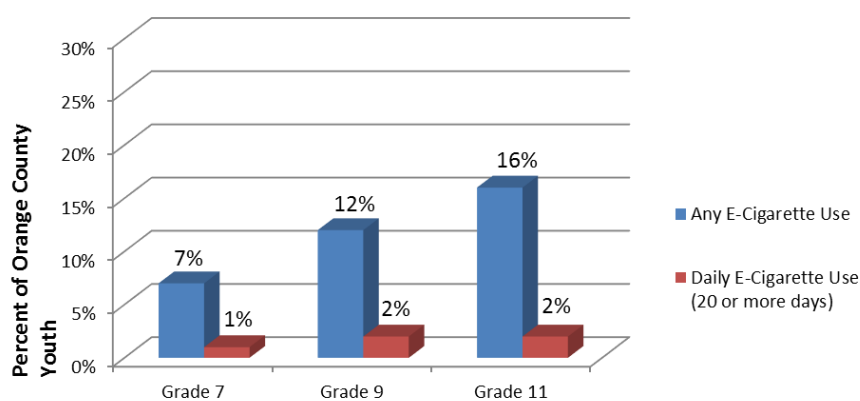
# ELECTRONIC CIGARETTES: INFORMATION FOR PARENTS

## What are electronic cigarettes?

- Electronic cigarettes are battery operated devices that contain nicotine, flavors and other chemicals. (Food and Drug Administration, 2013)
- Some e-cigarette brands have claimed they do not contain nicotine, but when tested, they actually did.
- Some flavorings have been shown to be toxic when inhaling them.
- E-cigarettes release an aerosol that can contain cancer causing chemicals.
- E-cigarettes can still contain nicotine, which is addictive.
- Starting June 9, 2016, e-cigarettes will be considered a tobacco product and cannot be used where smoking is not allowed.



## Percentage of Orange County Teens Who Used an Electronic Cigarette or any other Nicotine Delivery Device during the past 30 days



Source: California Healthy Kids Survey 2013-2014



## What can parents do?

- Talk with your teen about the health risks of smoking and using electronic cigarettes.
- Disapprove of using tobacco, which can lessen a teen's risk of smoking or using e-cigarettes. (Office of Adolescent Health, 2013)

For more information, please visit the Tobacco Use Prevention Program (TUPP) website:

<http://ochealthinfo.com/phs/about/promo/tupp>