

E-cigarettes/Vaping and Electronic Nicotine Delivery Systems(ENDS)



- E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air.
- E-cigarette use and vaping are interchangeable terms.
- E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.
- Most e-cigarettes are designed to mimic cigarettes. They come in a variety of flavors and nicotine levels. While the long term effects are still unknown, evidence suggests there are still dangers with e-cigarette use and they may have harmful impacts on health.
- Aerosol is inhaled by smokers when they draw on the device like a regular cigarette. The aerosol contains dangerous cancer causing chemicals and heavy metals including lead.
- E-cigarettes are the most commonly used tobacco product among U.S. middle and high school students.

JUUL



- JUUL is a new device that is appealing to youth because of its discreet design and flavors.
- JUUL delivers a high dose of nicotine. Nicotine is highly addictive and can harm adolescent brain development. Each flavor pod contains the same amount of nicotine in one pack of cigarettes.
- JUUL is charged through a USB port on laptop or desktop computers.



Indiana Tobacco Quitline

- Is a phone-based counseling service that helps Indiana smokers quit!
 - Services include:
 - One on one coaching for tobacco users who have decided to quit age 13 and up.
 - Resources for businesses, healthcare providers, and organizations that want to improve the health of their clients, employees, and patients.
 - Free 2-week Nicotine Replacement Therapy (NRT) starter kits for the uninsured, Medicaid and Medicare members.
 - Remember it only takes 3 minutes to ASK, ADVISE, and REFER to the Indiana Tobacco Quitline!
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If you have any questions regarding e-cigarettes or other tobacco products

**Smoke Free St. Joe
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