

# E-CIG, VAPE, MOD:

WHATEVER YOU CALL THEM,  
DON'T CALL THEM SAFE.



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Frederick County Health Department

# Are you in the know about e-cigarettes?

Before you make any decision, check to see how much you really know.

## Facts:

- E-cigarettes contain nicotine (some are even labeled as nicotine-free) which is addictive and harmful to your health.
- Using e-cigarettes makes you twice as likely to try other tobacco products.
- Nicotine in e-cigarettes can actually change the way your brain develops.
- Chemicals found in some e-cigarettes and flavorings can cause diseases like popcorn lung (damage to small airways within the lung).
- Two words: EXPLODING E-CIGARETTES.

Stay in the Know by visiting [www.stayintheknow.org](http://www.stayintheknow.org)

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Image courtesy of FDA's Center for Tobacco Products



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