E-CIGS AND VAPES: KNOW THE FACTS

E-CIGARETTES CAN HURT YOU.

1. Not enough information exists on the safety or health effects of e-cigarettes, and there’s no proof that they will help you quit tobacco long-term.

2. E-cigarette batteries have caused fires, burns and explosions, some resulting in serious injury.

3. E-liquids may contain harmful chemicals, dangerous heavy metals or illegal substances that could hurt your health or career.

4. Most e-cigarettes contain nicotine, which is highly addictive and can harm brain development through your mid-20s.

YES! THESE ARE TOBACCO PRODUCTS

E-cigarettes are battery-operated devices that heat liquid into a vapor that users inhale. You can only use these devices in outdoor DTUAs.

- Electronic cigarette or e-cig
- Vaporizer or vape
- E-pen or vape pen
- Tank system or tank device
- E-hookah or hookah pipe
- Mod/pod mod or JUUL
- E-pipe or vape pipe

THE PRODUCTS SHOWN ABOVE ARE ALSO CALLED ENDS (ELECTRONIC NICOTINE DELIVERY SYSTEMS) IN DoD POLICY.

QUITTING CAN BE HARD, BUT YOU’VE GOT THIS!

E-cigarettes might seem like a good way to quit other tobacco products, but they come with their own risks and are not a proven quit aid.