

# Healthy You: Quick Facts

The NATION'S HEALTH

## Straight talk: E-cigarettes are dangerous for your kids

**I**f you're a parent or guardian, you should be aware of electronic cigarettes. They are popular among both kids and teens and are addictive. You need to talk to your child about the dangers. But before doing so, you should educate yourself about the products, which are different in many ways from regular cigarettes.



Photo above by Courtney Hale, below by Hazemmkamal, courtesy iStockphoto

### Quick facts, e-cigarettes:

**1** E-cigarettes are battery-powered and contain nicotine and other harmful substances. Users inhale the chemical mix into their lungs and exhale it as vapor. People often call this "vaping."



**2** E-cigarettes don't have the tobacco smell of regular cigarettes and can be easily concealed in someone's pocket without causing a fire. So it can be hard to tell if your child is using them.

**3** Keep a lookout around the house for small canisters, which are tanks that hold the liquid that turns to vapor when users exhale.

**4** Even if you don't suspect your child is using e-cigarettes, you should talk to them about the products.

**5** Tell your kids point blank that you don't want them using e-cigarettes because of the health dangers. Check out materials from trusted health groups, such as the American Lung Association, for advice on what to say.



>> For more information on e-cigarettes, visit [www.lung.org](http://www.lung.org)