



**E-CIGARETTES DON'T  
HAVE TOBACCO.**

**DOES THAT MAKE THEM SAFE?**

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## **NOT QUITE.**

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E-cigarettes can still be highly addictive, and while you never know exactly what you're vaping, there can be a whole lot more than water in that vapor. Including nicotine and a lot of the same chemicals found in old-fashioned deadly tobacco cigarettes.\*

**LIKE FORMALDEHYDE.  
ALSO FOUND IN DEAD PEOPLE.**



**OR CADMIUM.  
LIKE IN BATTERIES.**



**OR ARSENIC.  
LIKE IN BUG SPRAY.**

Learn more on the reverse side, then help  
us get the word out at [notsosafe.org](https://notsosafe.org).





# E-CIGARETTES: THE BIG “?”

The truth is, no one knows for sure what kind of long-term damage vaping will do to your body. And we won't know for years.



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

Vaporizers. Cloud pens. E-hookahs. E-cigarettes. Vaping devices  
go by many names. What you call them doesn't matter.

What matters is they can fill your lungs with carcinogens, and  
they're illegal if you're under 18.



# IF YOU CAN'T PRONOUNCE IT, DON'T VAPE IT.

You'd be surprised how many different chemicals have been found in vapor. Here's one: Rubidium. You might know it as the stuff that makes fireworks turn purple.





# DON'T BE A GUINEA PIG.

When tobacco cigarettes first came out, everyone thought they were pretty safe too. Whoops. Now we know better. Vaping hasn't been well-studied yet, so all we have is a question mark.

# SAFER DOESN'T MAKE IT SAFE.

People think vaping is “safer” than smoking. It’s safe to say that doesn’t mean it’s safe.

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**LEARN MORE AND HELP US GET THE  
WORD OUT AT [NOTSOSAFE.ORG](http://NOTSOSAFE.ORG).**

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For free help quitting tobacco or e-cigarettes, call 1-866-NEW-LUNG.

\*While every chemical listed may not be found in all e-cigarettes, studies have identified at least 10 known carcinogens commonly found in e-cigarette aerosol. (“Levels of selected carcinogens and toxicants in vapour from electronic cigarettes,” Tobacco Control 6 March 2013.)

DEVELOPED BY THE ORANGE COUNTY DEPARTMENT OF EDUCATION IN PARTNERSHIP WITH THE ORANGE COUNTY HEALTH CARE AGENCY AND THE ORANGE COUNTY SHERIFF'S DEPARTMENT WITH FUNDING FROM THE CALIFORNIA DEPARTMENT OF EDUCATION.

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