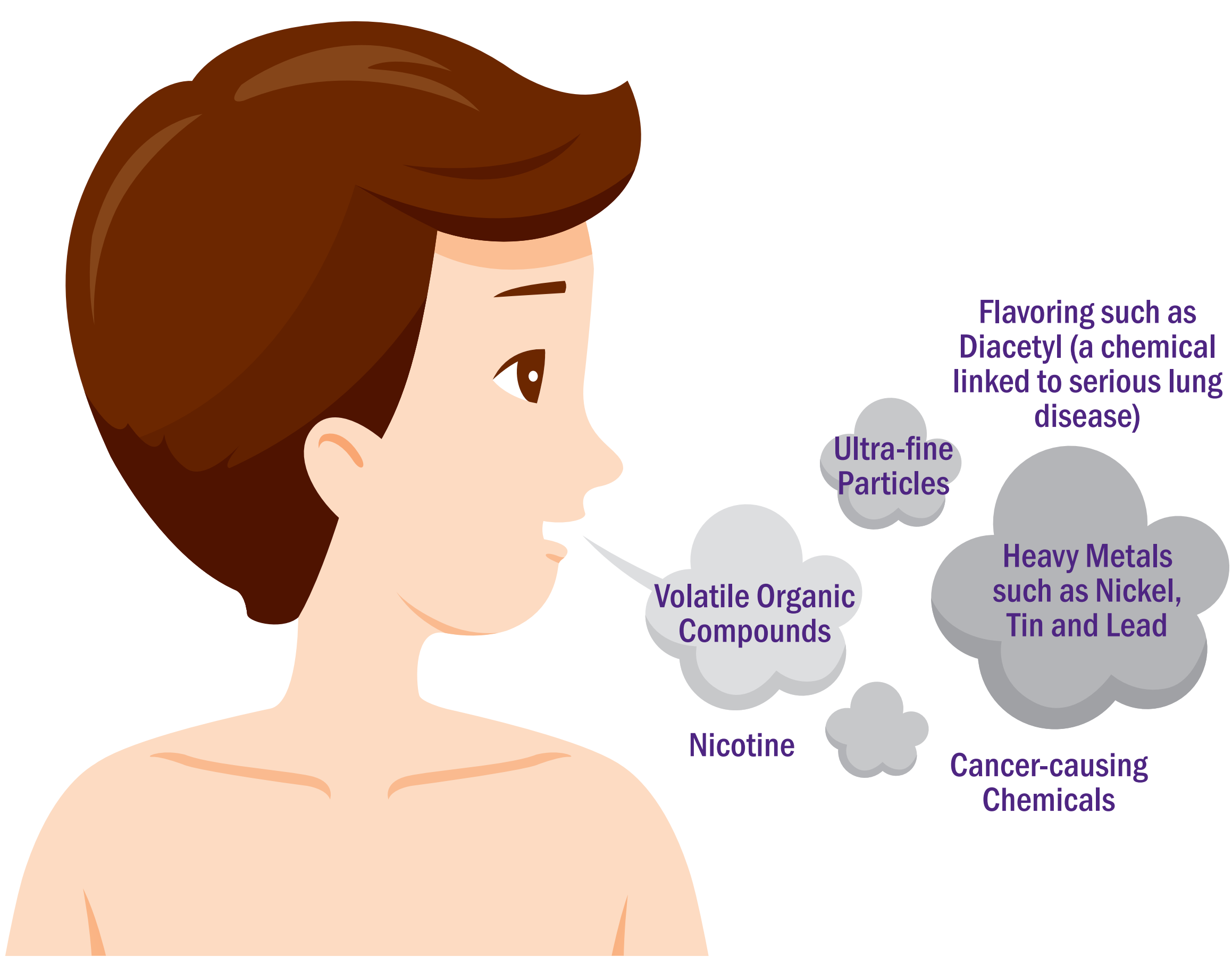




Chemicals in e-cigarettes are particularly harmful to the developing brains of people 25 and younger and can lead to:

- » poor attention control,
- » impaired learning,
- » changes in mood,
- » lack of impulse control.





K-STATE
Research and Extension

THE CHANGING FACE OF TOBACCO

The Dangers of E-Cigarettes

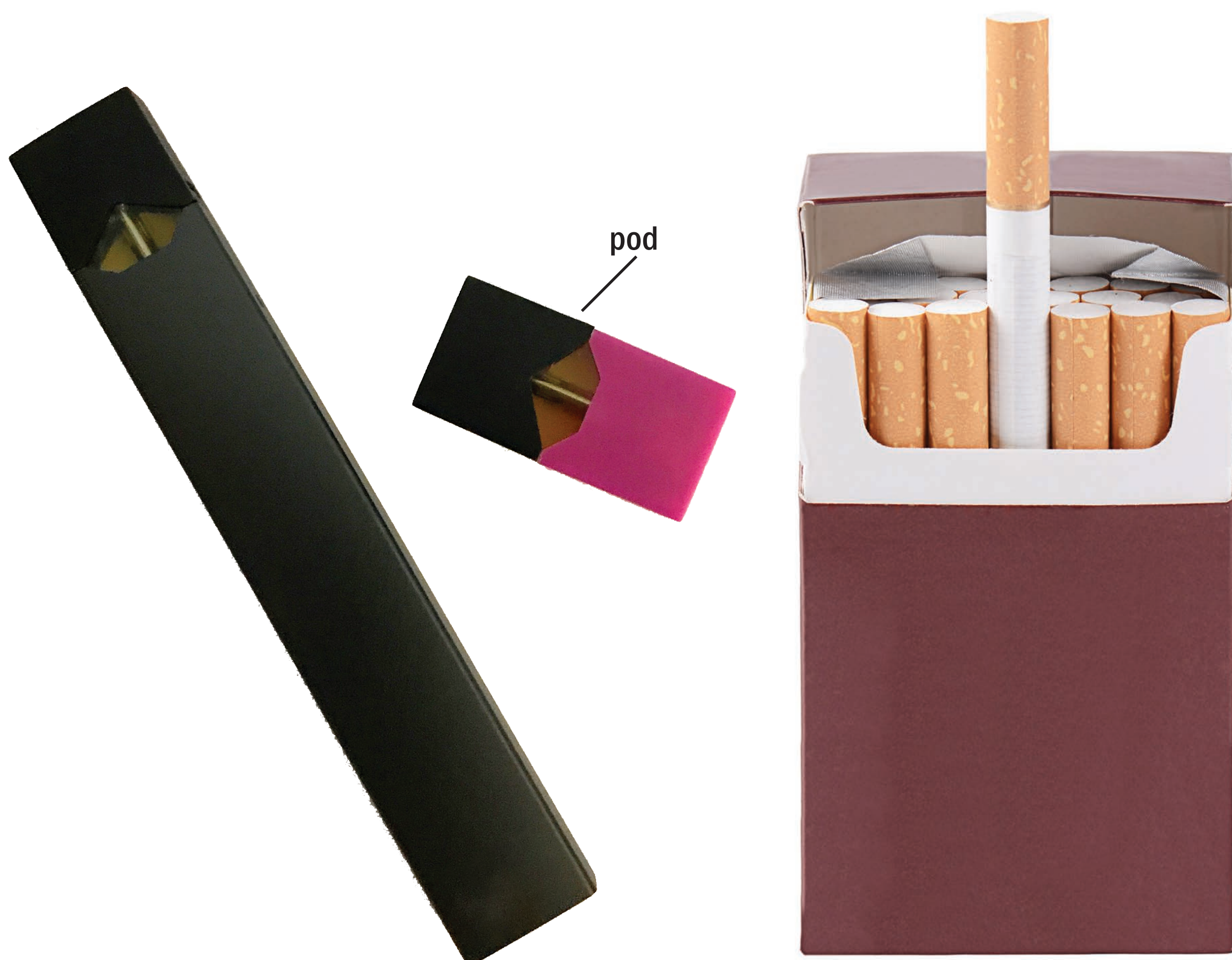
- » **99% of all e-cigarettes contain the addictive ingredient nicotine.**
- » **The more kids vape, the more addicted they become.**
- » **Most who vape just once go on to use tobacco products.**
- » **The legal age to purchase e-cigarettes is 18, but CDC estimates 3.6 million adolescents used them in 2018.**
- » **E-cigarettes are sold in flavors like fruit, candy, coffee and chocolate and appear to be harmless.**



E-cigarettes are made to be hard to spot.

- » Fit in the palm of your hand or within the string of a hoodie.
- » Look like a pen, inhaler, key fob or flash drive.

1 JUUL pod contains the same nicotine as 1 pack of cigarettes*.



**Centers for Disease Control and Prevention*