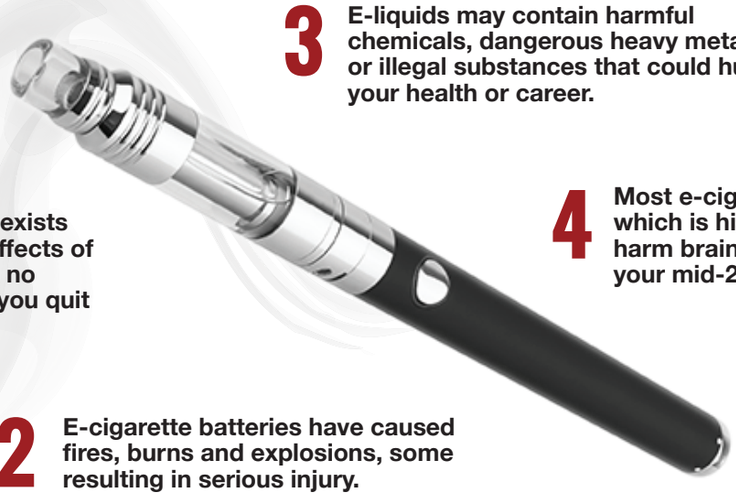
E-CIGS AND VAPES:
KNOW THE FACTS

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 designated tobacco use areas.

Electronic cigarette or E-cig/Ecig

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**.

Visit **Tricare.mil/UCanQuit2** for effective resources to use before, during and after you quit. Use the 24/7 Live Chat for personalized, online support.

Sources: U.S. Food and Drug Administration, Centers for Disease Control and Prevention, National Institutes of Health and Department of Defense

QUIT TOBACCO
TRICARE.mil/UCanQuit2