

# *facts* about e-cigarettes



FINE PARTICULATES

HEAVY METALS

NICOTINE

VOLATILE ORGANIC COMPOUNDS

OTHER COMPOUNDS

E-cigarettes are not safe for you or your baby

E-liquids are poisonous when swallowed or left on the skin

Keep e-liquids and e-cigarettes away from babies and children

E-cigarette aerosol is NOT "harmless water vapor"

Quitting tobacco is one of the most important things you can do to protect your health and your family's health.

Ask your health care provider for help or call

1-800-QUIT-NOW (1-800-784-8669)



North Carolina  
Public Health

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