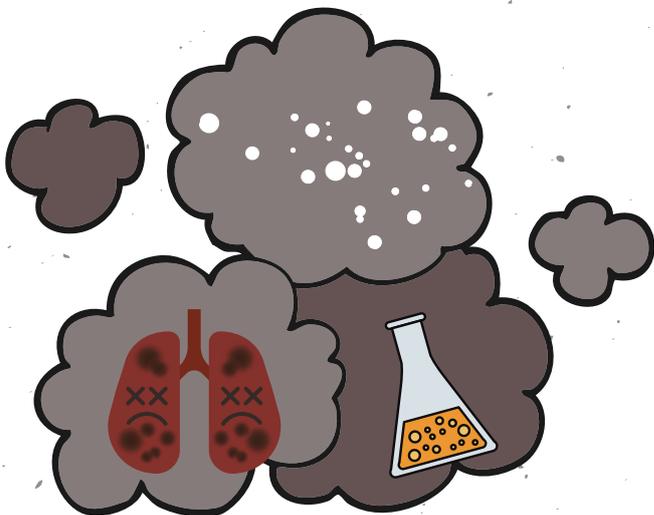


# WHAT YOU NEED TO KNOW ABOUT VAPING

Even though e-cigarettes contain fewer harmful chemicals than burned tobacco products, they still contain harmful chemical ingredients.

E-cigarettes contain nicotine, which is a highly addictive chemical and can harm brain development for babies, youth and young adults.



E-cigarette aerosol often contains:

- Nicotine
- Volatile organic compounds
- Ultrafine particles
- Metals (like nickel and lead), and
- Flavoring that is linked to lung disease (Diacetyl)

Vaping during pregnancy is harmful to the developing baby. Nicotine can harm the babies brain and lung development.



The more a baby is exposed to nicotine the higher their risk is for SIDS (sudden infant death syndrome)



This includes direct exposure and secondhand exposure. E- cigarette aerosol can be harmful to babies from secondhand vape clouds. Unborn babies can also be exposed to nicotine through the nicotine patches and gum.

**If you are addicted to nicotine and want to quit, here is an online resource that can help.**

<https://women.smokefree.gov/pregnancy-motherhood>

[https://www.cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/index.htm](https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm)

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