

**Vaping: Quick Facts**

* An outbreak of e-cigarette or vaping-use associated lung injury (EVALI) began in late summer 2019 and is still ongoing.[[1]](#footnote-1)
* EVALI is a serious condition whose symptoms include fever and chills, cough, vomiting, diarrhea and headache. It often requires hospitalization and can lead to death.
* Vapor contains ultrafine particles, flavorings linked to lung disease, and heavy metals.[[2]](#footnote-2)
* While vaping is marketed as “safer” than cigarettes, that’s not the same as safe, and the science is still inconclusive.
* Protect your and your child’s lungs! Vaping increases complications of COVID-19.[[3]](#footnote-3)

**Parents, did you know?**

* E-cigarettes/vapes and other tobacco products are illegal for people under 21.
* Vape flavors are often marketed to kids.
* Don’t vape near your kids: the nicotine in vapes is harmful to developing brains and growing lungs
* Cigarettes and vaping deliver addictive nicotine, which can change growing brains and threaten mental health.[[4]](#footnote-4)
* Vape fluid is poisonous if swallowed or even if it just comes in contact with skin. Keep vape products locked and away from children. Call 9-1-1 or your poison control center immediately if your child accesses vapes.

**Learn more:**

[www.greenpeakalliance.org](http://www.greenpeakalliance.org)

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1. Centers for Disease Control (2020). https://www.cdc.gov/tobacco/basic\_information/e-cigarettes/severe-lung-disease.html [↑](#footnote-ref-1)
2. *Environmental Health Perspectives*, 126(2). https://ehp.niehs.nih.gov/doi/full/10.1289/EHP2175 [↑](#footnote-ref-2)
3. *Journal of Adolescent Health*, 67(4), 519-523. [↑](#footnote-ref-3)
4. *Cold Spring Harb Perspect Med*. 2012;2(12):a012120. Published 2012 Dec 1. doi:10.1101/cshperspect.a012120 [↑](#footnote-ref-4)