



Keep your family safe from e-cigarettes and vaping

E-cigarettes and vapes are tobacco products that use batteries to heat liquid into an aerosol containing nicotine, flavorings and other chemicals.

E-CIGARETTES ARE EXTREMELY DANGEROUS FOR CHILDREN

- Less than one teaspoon of liquid nicotine can kill a 20-pound toddler.
- Keep e-cigarettes and vapes out of children's reach as most do not have childproof features.
- If the liquid is swallowed or touches skin, call Poison Control: 800-222-1222.

E-CIGARETTE VAPOR IS NOT CLEAN AIR

- It contains harmful particles that stick to clothes, walls, furniture and floors.
- Babies and children can be exposed to nicotine that remains on surfaces.
- This means you should never smoke or vape indoors, especially around babies, children, or pregnant women.

CREATE A VAPOR-FREE ENVIRONMENT



Ask childcare providers and others not to vape around your children.



Make your home, car and personal spaces tobacco-free and e-cigarette-free.



Choose restaurants, parks and buildings with tobacco-free policies.

It's never too late to quit. FDA-approved medications can help.

Talk to your health care provider before beginning any new medications, even over-the-counter ones, especially if you are pregnant or breastfeeding.

Get support from family, friends, health care providers and quit counselors.

QUITTING RESOURCES

- Ask your health care provider for help.
- Call **800-QUIT-NOW** for your state quitline.
- Text **EXPROGRAM** to 88709.
- Visit **Women.SmokeFree.Gov**.



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