

It is illegal to sell vaping products to anyone under the age of 21 in Westchester County.

To report underage vaping sales, call our Public Health Information Line at 914-813-5000.

For more information, visit us at www.westchestergov.com/health

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George Latimer, County Executive
Sherlita Amler, MD, Commissioner
Department of Health



Vaping

Know the Risks

The Department of Health Cares...

Vaping Devices

Vaping devices, also known as e-cigarettes and vape pens, come in a variety of shapes, sizes, and colors. Some are made to look like regular cigarettes, cigars and pipes, while others are made to look like everyday items such as pens, USB sticks, highlighters, lipsticks and inhalers.

Vaping devices hold liquid that come in many flavors. Children may find these flavored liquids especially appealing. The liquid can be bought in bottles or prefilled cartridges and most contain nicotine, a powerful stimulant that is addictive and can impair the developing brain.

The top-selling brand is a USB-shaped device called JUUL. The amount of nicotine in one JUUL cartridge is roughly equal to the amount of nicotine in an entire pack of cigarettes.

Know the Effects of Nicotine

Nicotine is a highly addictive drug and the probability of becoming addicted to nicotine is even greater than becoming addicted to heroin, cocaine or alcohol.

Nicotine use in early adolescence causes changes in the brain that can make life-long addiction much more likely for young users.

Nicotine is known to have effects on the cardiovascular system. Some studies show that frequent use of e-cigarettes and vape pens may lead to cardiovascular diseases. Other studies show that their use is associated with the dual use of other tobacco products known to cause further health issues like cancer and heart disease. Ear, eye and throat irritation is also common among those who vape.



What's Inside

Many people incorrectly believe that vape pens and e-cigarettes produce a water vapor when they actually produce an aerosol. The aerosol can contain harmful substances, including:

- Nicotine
- Fine toxic particles that can interfere with the growth and work of the lungs and increase the risk of heart disease, lung cancer and asthma
- Flavoring such as diacetyl, a chemical linked to a serious lung disease commonly known as "popcorn lung"
- Volatile organic compounds that can cause cancer
- Cancer-causing chemicals
- Heavy metals such as nickel, tin and lead
- Many of the harmful chemicals found in cigarette smoke

Vaping and Marijuana

Vape pens and e-cigarettes can also be used to deliver marijuana and other drugs. When used to vape marijuana, the concentrates may be referred to by names such as wax, dab, shatter and oil.

Marijuana concentrates are very potent and contain extremely high THC levels ranging from 40 to 80 percent. Marijuana concentrates can be up to four times stronger in THC content than high grade traditional marijuana, which normally measures around 20 percent THC levels. When vaped, marijuana concentrates can also be difficult to detect because they are often odorless.

Health Risks of Vaping

The long-term health consequences of vaping are still unknown. However, current evidence shows that vaping - even short term - is not harmless. Most e-cigarettes contain nicotine, which has known health effects, and the aerosol that is inhaled can contain cancer-causing chemicals that reach deep into the lungs.

Vape pens can also cause unintended injuries. Defective batteries have caused fires and explosions, some of which have resulted in serious injuries. Additionally, there is not enough evidence to support claims that vaping is an effective strategy to quit smoking, even though vaping products are often marketed this way.