

# E-CIGARETTES

These battery powered products heat a liquid that contains nicotine and other chemicals.



E-Cigarettes are also known as **Electronic Nicotine Delivery Systems (ENDS)**. Other types of ENDS can include vaporizers, vape pens, hookah pens and e-pipes.



Nicotine liquids for ENDS are **flavored**, which may increase use by youth.



The **long term health effects** of these products are not known.



Nicotine is **addictive** in any form and **poisonous** in high doses.



ENDS are made to **look like cigarettes**, cigars, pipes, pens and flashlights.



The vapor can release nicotine and **cancer causing chemicals**.

**ENDS are NOT APPROVED as a quit aid by the U.S. Food & Drug Administration (FDA).**

## BREATHE EASY

REDUCING SMOKE EXPOSURE IN MAINE



MAINE  
PREVENTION  
SERVICES

Maine Center for Disease Control & Prevention  
Department of Health and Human Services

Learn more at: [BreatheEasyMaine.org](http://BreatheEasyMaine.org)