

Berkeley Youth Tobacco Educators (BYTE)

Social Media Campaign #1: E-cigs on Twitter

- 1) The FDA has not approved any e-cigs as safe.
- 2) E-cigs are not a healthy way to quit smoking
- 3) The FDA does not regulate e-cigs. E-cigs have cancer causing substances and nicotine. But we don't know how much.
- 4) E-cig companies don't have to tell you what's in them. Reading the label, as many cautious buyers do, is often uninformative.
- 5) Did you know that the ingredients you inhale from vape-pens have propylene glycol and liquid nicotine



- 6) Did you know the side effects of using vape-pens are dry skin/mouth, rashes on face, itchiness, puffy/dry eyes, bloody nose issues