

When you vape at home, your child vapes, too.

Companies that advertise and sell e-cigarettes say the aerosol from vaping is just harmless water vapor.

That's not true. **When you vape, the ultrafine particles you exhale contain metals and toxins that are known to cause cancer.**

You don't need to be a chemist to know they don't belong in your child's lungs.



These toxins don't disappear when you put down your vape. They cling to indoor surfaces like windows, walls, and floors.

Vaping when your kids are at school or in their room doesn't make it safe.



Protect your child. If you vape, don't vape in your home.

Want help quitting?

Visit 802Quits.org, Vermont's resource for quitting tobacco in any form.



Parents who think vaping is safer than regular cigarettes are surprised to learn

Children are exposed to **ULTRAFINE PARTICLES** at a higher rate than if smoking cigarettes

Children absorb similar amounts of nicotine as regular cigarettes

Even short exposure irritates eyes, throat, and airways

Long exposure can cause asthma

