Nicotine exposure can harm brain development.
Nicotine is highly addictive.
Nicotine is harmful to the health of unborn children.
Nicotine causes harmful physical effects and can be toxic.

NC YOUTH AT RISK
Nearly one in seven of North Carolina high school students who has ever tried e-cigarettes has never smoked a cigarette. A growing body of evidence shows that these students are more likely to smoke cigarettes in the future.

Nicotine in e-cigarettes harms young people.
- Nicotine can harm the brain as it continues to develop through young adulthood until age 25.
- What harms can nicotine cause to a young person’s brain?
  - Nicotine addiction and possible increased risk of becoming a cigarette smoker
  - Learning problems
  - Memory and attention problems
  - Behavioral problems
  - Increased chance of future addiction

E-cigarettes attract young people.
- Available in fruit and candy flavors
- Advertised using celebrity endorsements
- Available for purchase online

The nicotine in e-cigarettes is poison.
Nicotine is toxic. The liquid inside e-cigarettes and refill bottles is a poison hazard for toddlers. Poison control calls in North Carolina related to e-cigarettes increased from just eight in 2011 to 121 in 2016. Many cases involved children and toddlers who swallowed e-cigarette liquids left unattended.

What are the symptoms of nicotine poisoning?
- Nausea
- Seizures
- Vomiting
- Death (in high doses)
- Respiratory depression

Percent of high school students using various forms of tobacco, 2017

Learn more at www.tobaccopreventionandcontrol.ncdhhs.gov/ecigs.