Five fast facts about vaping

How harmful is vaping?

The Centers for Disease Control have reported that more than 35 deaths have occurred throughout the U.S. from vaping, with nearly 1,900 lung injuries associated with the use of e-cigarettes.

What is believed to be the main cause of harm from vaping?

Products containing THC, the active ingredient in marijuana, which are bought off the street seem to be highly related to the hospitalizations and deaths.

Can you get addicted to nicotine through vaping?

The use of nicotine, no matter how it is delivered, increases the risk of addiction.

How can I decrease my risk of harm from vaping?

The best way to reduce your risk of harm is to refrain from using e-cigarette or vaping products.

What is the best way to stop vaping?

Learn your cravings and what triggers you to vape and have strategies ready to counter your desire to vape (e.g., chewing gum, slow deep breathing, drinking a glass of water). Do not carry your e-cigarette with you during the day. Talk to your healthcare provider or a tobacco cessation counselor about potential medications to assist you with quitting. Make sure you have a good support system from family and friends. You can do it!

For further information, please see the Centers for Disease Control and Prevention website at:
go.osu.edu/vapingfacts

Office of the Chief Wellness Officer