

Are E-cigarettes safe to use during pregnancy?

What are e-cigarettes?

Generally, e-cigarettes contain a battery, a heating element, and a place to hold the liquid or "juice". The device heats the liquid to produce an aerosol which is inhaled into the lungs by the user.

These types of products are also referred to as e-hookahs, mods, vape pens, vapes, tank systems, and ENDS (electronic nicotine delivery system).



Image: CDC

A danger to you

E-cigarette aerosol contains a number of harmful substances:

- chemicals found in paint thinners and gasoline
- heavy metals (nickel, tin, lead)
- nicotine
- flavorings linked to lung disease
- cancer-causing chemicals

All of these can harm your heart, lungs, and brain.



A danger to your baby

E-cigarettes contain dangerously high levels of nicotine, which cause a number of harmful effects to the developing fetus:

- premature delivery
- low birth weight
- harm to the heart and other organs
- future problems with attention and behavior
- miscarriage



It is never too late to quit!

E-cigarettes should NEVER be used by pregnant women, even if they are being used to quit using traditional cigarettes.

The Michigan Tobacco Quitline is here to help! It is FREE and confidential.

1-800-QUIT-NOW or 1-800-784-8669

What to expect when you call:

- Talk to your personal quit coach
- Receive encouraging text messaging if desired
- Earn rewards after every call that you can use to buy things for you and your baby

For more information please contact the MDHHS Tobacco Section at (517) 335-8376

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