Vaping is the act of inhaling the aerosol from an e-cigarette. E-cigarettes are electronic devices that deliver nicotine and other chemicals directly to the lungs. They can be refillable or disposable.

They are also known as: Electronic Nicotine Delivery Systems (ENDS) *E-devices *E-pens *E-hookahs *Vape-pipes *Vape-pens *Dap Pens *Dab Rigs *Juice *JUULs *Mods *Pod-Mods *Cigalikes

Vaping and Pregnancy

**What is vaping?**

E-cigarette aerosol is **NOT just "water vapor"**

**Prop 65***

- Acetaldehyde
- Formaldehyde
- Isoprene
- Toluene
- Lead
- Nickel
- Nicotine
- N-Nitrosonornicotine

**Metals Found in the Vapor**

- Aluminum
- Chromium
- Copper
- Iron
- Manganese
- Nickel
- Lead
- Antimony
- Tin
- Zinc

**Chemicals That Cause Cancer Found in the Urine of People Who Vape**

- Acrylonitrile
- Acrolein
- Propylene Oxide
- Acrylamide
- Crotonaldehyde

**Flavor Danger**

- Diacetyl
- Acetyl propionyl
- Acetoin

* Proposition 65 (Prop 65) is the Safe Drinking Water and Toxic Enforcement Act of 1986. Prop 65 requires any product that contains chemicals known to cause cancer or birth defects or other reproductive harm contain a warning label when sold in the state of California.

**Nicotine Harms**

Nicotine lowers the amount of oxygen and nutrients that can get to the growing fetus.

**Higher Nicotine Absorption**

E-cigarettes are made to get more nicotine into the bloodstream, with less irritation, than regular cigarettes.

**Labeling Problems**

Some products labeled as 0% nicotine, actually had nicotine in them when tested in a lab.

**Poisoning**

Adults and children can be poisoned by vape juice by swallowing, breathing, or absorbing the liquid through skin and eyes.

**COVID-19**

People who vape have a higher risk of getting COVID-19 than those who do not use e-cigarettes.
What are the Potential Effects on Baby?

Early data shows the following but more studies are still needed.

- **Reduce Learning Ability**
- **Small Birth Size**
- **Harm Brain Function**
- **Hurt Heart and Lungs**
- **Low Birth Weight**

**RECOMMENDATIONS**

- Talk to your doctor or trusted health professional.
- Text “quit” to (202) 804-9884 for free support.
- Seek professional help from a therapist, health coach, or tobacco specialist.
- Contact your local PEHSU.
- Enroll in a smoking cessation program.
- Search online resources below.

If you have concerns or if someone has ingested nicotine, especially a child, call the Poison Help hotline immediately at **1-800-222-1222**

- Pediatric Environmental Health Specialty Unit (PEHSU) [www.pehsu.net](http://www.pehsu.net)
- American College of Obstetricians and Gynecologists (ACOG) [www.acog.org](http://www.acog.org)
- Healthy Children; American Academy of Pediatrics [www.healthychildren.org](http://www.healthychildren.org)
- American Lung Association [www.lung.org](http://www.lung.org)
- SmokeFree Programs [www.smokefree.org](http://www.smokefree.org)
- National Institute on Drug Abuse [www.drugabuse.gov](http://www.drugabuse.gov)
- Centers for Disease Control and Prevention (CDC) [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)
- Truth Initiative [https://truthinitiative.org](https://truthinitiative.org)

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Citations at [www.childrenshospital.org/pehc](http://www.childrenshospital.org/pehc). More current information may be available.