

# What's in the cloud?

**Nicotine** — Addictive

**Ultra-fine particles** — Asthma

**Acetone** — Nail polish remover

**Lead** — Brain damage

**Formaldehyde** — Embalming fluid

## E-cigs. Not harmless. Not healthy.

### Sources:

1. Schripp, T., Markewitz, D., Uhde, E. and Salthammer, T. (2013), "Does e-cigarette consumption cause passive vaping?" Indoor Air, 23: 25-31

2. Williams M, Villarreal A, Bozhilov K, Lin S, Talbot P (2013) "Metal and Silicate Particles Including Nanoparticles Are Present in Electronic Cigarette Cartomizer Fluid and Aerosol" PLoS ONE 8(3): e57987

ALASKA'S  
TOBACCO  
**QUIT LINE**  
1-800-QUIT-NOW

[alaskaquitline.com](http://alaskaquitline.com)

