



掃描 QR code
聆聽課文及單字
朗讀

E-cigarettes: Not as Safe as You Might Have Thought!

小心電子煙的無形危害！



R Rob **K** Kaitlin

R: Check this out: I bought some e-cigarettes online. Want to try one?

K: No. Ew. E-cigarettes are really bad for your health.

R: **Vaping**¹ is still healthier than smoking cigarettes. Are you sure you don't want to try one?

K: I'm sure. I really don't want one. Also, it's not healthier. E-cigarettes contain **nicotine**,² just like regular cigarettes. Nicotine can harm brain development in young people. On top of this, the chemicals that are used to flavor the e-cigarettes are not safe to breathe in. They've been linked to a serious lung disease.

R: Is that true? I thought that e-cigarette smoke was mostly water vapor.

K: That's a **misconception**.³ Besides the substances I mentioned, heavy metals and small particles that can get deep into your lungs are also present in e-cigarette smoke. And more importantly, in Taoyuan, buying, **possessing**,⁴ or supplying e-cigarettes is illegal for anyone under the age of 18. If you're caught using or in possession of e-cigarettes, you'll have to participate in an anti-smoking education program. If you're caught supplying e-cigarettes, you could face a fine of up to NT\$50,000.

R: Oh, I had no idea they were so bad for our bodies. Now I know to stay away from e-cigarettes.

K: That's a smart choice. By the way, I brought my basketball. Up for a game?

R: You bet!

R: 看一下這個：我在網路上買了一些電子煙。想要試一支嗎？

K: 噫，不要。電子煙真的對健康不好。

R: 抽電子煙還是比抽菸健康。妳確定妳不想要試一支看看嗎？

K: 我很確定，我真的不想。再說，電子煙沒有比較健康。電子煙就跟一般的香菸一樣含有尼古丁。尼古丁會對年輕人的大腦發育造成傷害。除此之外，吸入用來調味電子煙的化學物質並不安全。它們跟一種嚴重的肺病有關。

R: 真的嗎？我以為電子煙的煙主要是水蒸氣呢。

K: 那是一種誤解。除了我提到的物質之外，電子煙的煙霧中還存有重金屬和可以深入肺部的微小粒子。更重要的是，在桃園未滿十八歲購買、持有或提供電子煙是違法的。如果你被抓到使用或持有電子煙，你就得上戒煙教育。若被抓到提供電子煙，則會面臨最高五萬元的罰款。

R: 哦，我都不知道電子煙對身體這麼不好，現在我知道要遠離電子煙了。

K: 這是聰明的選擇，對了，我帶了籃球。要去打球嗎？

R: 沒問題！

字彙 Vocabulary

- vape** [veɪp] *n.* 電子煙（與標題的 e-cigarette 意思相同）
v. 吸電子煙（vaping 為動名詞）
- nicotine** [ˈnɪkəˌtɪn] *n.* 尼古丁
- misconception** [ˌmɪskənˈsepʃən] *n.* 錯誤觀念
- possess** [pəˈzɛs] *v.* 擁有；具有（文中 possessing 為動名詞，名詞為 possession，in possession of N. 為正式的用法，指「持有……」）

歡迎掃描右方 QR code，可參加桃園市電子煙危害知識問卷抽獎活動！



桃園市政府衛生局

DEPARTMENT OF PUBLIC HEALTH, TAOYUAN

關心您

廣告



歡迎加入
桃園市政府
FB 粉絲團



歡迎加入
桃園市政府
衛生局
FB 粉絲團

免費戒菸專線

0800-63-63-63

本經費係由國民健康署運用菸品健康福利捐支應