

# IT'S TIME TO RETHINK VAPE

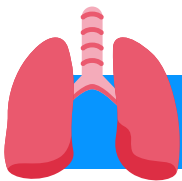
## WHAT'S IN VAPES?

- Produces aerosol that contains toxins and chemicals (like formaldehyde, diacetyl, propylene glycol)
- Most have nicotine (an addictive chemical), even if not shown on the label
- Devices and e-liquids not FDA regulated



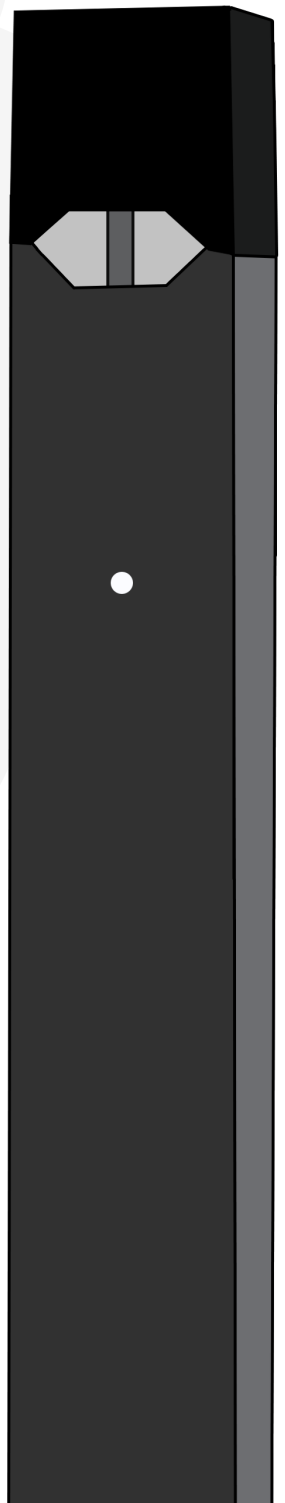
## STAY INDEPENDENT

- Keep your mind and body free from things that gunk it up
- You hear a lot about it, but most teens do not vape (it's illegal under 21)



## LUNG INJURY RISKS

- Vaping increases your risk for lung illnesses (such as coronavirus)
- Vaping may worsen your symptoms if you get any lung illness
- Vaping can cause permanent damage to your lungs



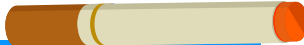


## SEEK HELP



- Text DITCHJUUL to 88709
- Text QUIT to (202) 899-7550
- Call 1-800-QUIT NOW
- Visit [teen.smokefree.gov](http://teen.smokefree.gov)
- Visit [www.rethinkvape.org](http://www.rethinkvape.org)
- Talk with a trusted adult

## VAPING AND TOBACCO COMPANIES



- Many popular vape brands are owned by cigarette makers
- Tobacco companies promote vapes to young people
- Many teens who vape go on to smoke



## OTHER HEALTH RISKS

- “Nic-sic” or nicotine poisoning symptoms: vomiting, headaches, dizziness, disorientation, and in rare cases seizures
- Heated flavorings are harmful to inhale
- 2nd-hand and 3rd-hand aerosol are also harmful
- Devices can overheat
- Pets or young children can swallow products or choke on devices



## BENEFITS OF QUITTING

- Save money
- Breathe easier
- Focus better
- Reduce anxiety

## MANAGE CRAVINGS

- Stay active
- Use distractions
- Focus on your accomplishments

