

# IT'S TIME TO RETHINK VAPE

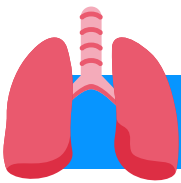
## WHAT'S IN VAPES?

- Aerosol, toxins and chemicals (like formaldehyde, diacetyl, propylene glycol)
- Most have nicotine (even if not shown on the label), which is addictive
- Devices and e-liquids not FDA regulated



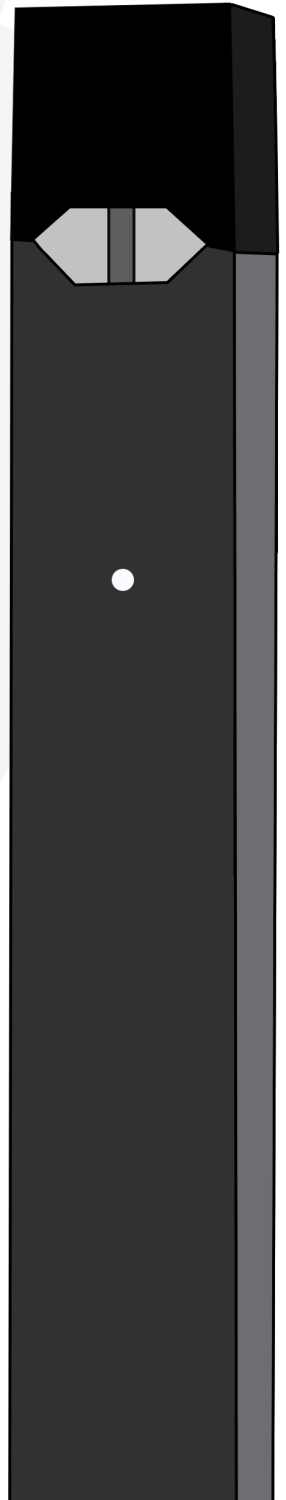
## STAY INDEPENDENT

- 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 age 21)



## LUNG INJURY RISKS

- Vaping increases risk for lung illnesses (such as coronavirus)
- Vaping may worsen lung illness symptoms
- Vaping can cause permanent lung damage



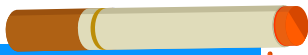


## SEEK HELP



- Text DITCHVAPE 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-sick” or nicotine poisoning symptoms: vomiting, headaches, dizziness, disorientation, and in rare cases seizures
- Heated flavorings are harmful to inhale
- 2nd-hand aerosol and aerosol on surfaces are harmful
- Devices can overheat causing burns and other injuries
- 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

