

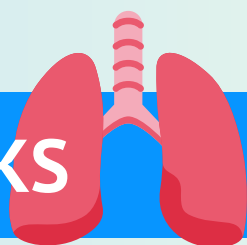
IT'S TIME TO

RETHINK VAPE

WHAT'S IN VAPES?

- Aerosol, toxins and chemicals (formaldehyde, diacetyl)
- Addictive nicotine (may not be on label)
- Devices and e-liquids not FDA-approved for safe use

LUNG INJURY RISKS



- Increases lung illness risks (like COVID-19)
- May cause permanent lung damage



OTHER RISKS

- Nic-sic: vomiting, headaches, dizziness, disorientation, seizures
- Harmful 2nd-hand and surface aerosol
- Choking hazard

STAY INDEPENDENT



- Keep mind and body free
- Seems to be everywhere, but most teens don't vape (illegal under age 21)

SEEK HELP



- Text DITCHVAPE to 88709
- Text VapeFreeVA to 873 373
- Call 1-800-QUIT-NOW
- Visit teen.smokefree.gov
- Talk with a trusted adult



WHY QUIT?

- Save money
- Focus better
- Reduce anxiety

MANAGE CRAVINGS



- Stay active
- Use distractions
- Focus on accomplishments



rethinkvape.org

