

IT'S TIME TO

RETHINK VAPE

WHAT'S IN VAPES?

- Aerosol, toxins like formaldehyde, diacetyl
- Most have nicotine which is addictive
- Not FDA-approved for safe use

SEEK HELP

- Text DITCHVAPE to 88709
- Text VapeFreeVA to 873 873
- Call 1-800-QUITNOW
- teen.smokefree.gov

LUNG INJURY RISKS

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

MANAGE CRAVINGS

- Stay active
- Use distractions
- Focus on accomplishments

OTHER RISKS

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

WHY QUIT?

- Save money
- Focus better
- Reduce anxiety

STAY INDEPENDENT

- Keep mind and body free
- Most teens don't vape (illegal under age 21)



rethinkvape.org

