

VAPING RISKS & RESOURCES



WHAT'S IN VAPES?

- Aerosol, toxins and chemicals (like formaldehyde, diacetyl, etc)
- Most have nicotine, which is addictive
- Devices and e-liquids not FDA approved for safe use

HEALTH RISKS

- Increases risk for and worsens lung illnesses
- Can cause permanent lung damage
- Nicotine poisoning (vomiting, headaches, seizures)

SEEK HELP

- Text DITCHVAPE to 88709
- Text VapeFreeVA to 873 373
- Call 1-800-QUIT-NOW
- Visit teen.smokefree.gov



**RETHINK
VAPE.ORG**





Website:

<https://rethinkvape.org/>



Parent Flyer:

<https://rethinkvape.org/parent>

Teen Infographic:

<https://rethinkvape.org/teeninfo>

