

Wanna Know More About Vaping?

Nicotine comes from the tobacco plant, and it's found in ALL tobacco products, including cigarettes, chew, hookah and vape pods. No matter what form it's in, nicotine is the substance that gets you hooked! Don't be fooled — vaping products contain addictive nicotine.

Tobacco and vape companies will do anything to get you hooked on nicotine. By keeping you craving more, these companies know they'll have customers for life. Teens who start by vaping are four times more likely to smoke cigarettes or use other forms of tobacco. Almost 90% of adults who use nicotine today started as teens.

Vaping companies try to convince you that their products are safe. But the truth is every time you vape, you breathe in chemicals that hurt your lungs and heart and leave you feeling stressed.

Isn't it just water vapor?

There's usually very little water in vape liquid. The liquid is mostly made of oils and flavored chemicals that may not be safe to inhale. Scientists have found tiny particles in vapor clouds that are the same as what's found in pollution. So, breathing in a cloud of vapor is like filling your lungs with polluted air.

But there's no nicotine, right?

Studies show many vaping products labeled “nicotine-free” still have nicotine in them. Nicotine is addictive and leaves you craving more.

Wanna Quit?

Check out these private quitting resources you can access from your phone!

<https://cdn2.hubspot.net/hubfs/131650/Hotline%20services.pdf>

<https://mylifemyquit.com/MyLifeMyQuit/media/PDF/Itsstilltobacco.pdf?ext=.pdf>

OR...TEXT Quit Smoking/Quit Vaping to 66819