



VAPING FACTS



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FACT: Vapes produce an aerosol that is NOT just water vapor. Both users and people standing nearby inhale the aerosol that contains nicotine and **toxins known to cause cancer**. These toxins include benzene, lead, nickel, and some of the same chemicals found in other tobacco products. The chemical diacetyl, used in many vape flavors, is linked to a **serious lung disease**.

FACT: Most vapes contain nicotine, a highly addictive drug. Even some vapes labeled nicotine-free **actually have nicotine in them**. People who vape are at a high risk of becoming addicted to nicotine. Teens, whose brains are still developing, are at risk for nicotine **addiction, mood disorders, reduced impulse control, and learning problems**.

FACT: Vapes are NOT approved by the FDA to help people quit tobacco. Studies are mixed on whether vaping can help people quit smoking. But **switching tobacco products ISN'T quitting** tobacco. In fact, vape use among youth and young adults is strongly linked to the use of other tobacco products, such as regular cigarettes, cigars and smokeless tobacco.

FACT: Vapes are NOT risk-free. Vaping has recently been linked to **lung damage and even death**. Health officials urge everyone to **refrain from vaping**.

Source:
U.S. Department of Health and Human Services, in partnership with the Office of the U.S. Surgeon General and the U.S. Centers for Disease Control and Prevention, Office on Smoking and Health. Know the Risks: E-cigarettes & Young People. 2020. <https://e-cigarettes.surgeongeneral.gov/>. [Accessed 2/2020].

QUIT TODAY: 1-844-8-NO-VAPE (1-844-866-8273)
OR VISIT WWW.NOBUTTS.ORG/VAPES

Note: The term "vapes" is used here to refer to a range of electronic smoking devices including e-cigarettes, e-hookahs, vape pens, Juuls, mods, and puff bars.

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