



VAPING

The Truth About Vaping



There is reputable information out there on vaping. Consider speaking with a trusted adult at school or in your community, your parent or guardian or your doctor, or checking out these sites:

Surgeon General



www.hhs.gov/surgeongeneral

Centers for Disease Control and Prevention




www.cdc.gov

U.S. Food and Drug Administration



www.fda.gov

To scan, download a QR reader app to your smartphone, and use the app to scan the code ().

¹ https://www.cdc.gov/tobacco/data_statistics/sgr/e-cigarettes/pdfs/2016_sgr_entire_report_508.pdf

² <https://www.drugabuse.gov/publications/research-reports/tobacco-nicotine-e-cigarettes/nicotine-addictive>



Myths vs Facts

Myth: My lungs and health won't be harmed, it's just water.

Fact: No, that's not true. Chemicals in the vapor can cause lung damage. Diacetyl is a chemical used in vapes. It has been linked to "popcorn lung," a serious lung condition with no cure.¹ Other chemicals like formaldehyde and benzene can be present. Heavy metals like nickel or tin are also found in vape pods. There have been injuries (devices can explode) and deaths due to vaping.

Myth: Vapes are nicotine-free, so that makes them safe.

Fact: *Most vapes contain nicotine.* Manufacturers don't have to report ingredients so you might not know what's in them. Vape pods can be counterfeit or modified, making them more dangerous. Vape flavors are also made of chemicals that can be harmful. Vaping devices are drug delivery systems; they can be used for flavors, nicotine, marijuana, or alcohol.

Myth: I don't vape everyday, so I can't get addicted.

Fact: You can be more vulnerable to nicotine addiction because your brain is still developing. Vaping delivers nicotine to the brain faster than smoking – in as little as 10 seconds.² Nicotine is an addictive chemical. Using nicotine can harm parts of the brain that control attention, learning, mood, and impulse control.

Myth: I'm grown. I vape because I want to.

Fact: It is hard to avoid the influence of friends and trends. There is a whole industry trying to make money from your vaping. Ads target teens on social media and websites.

Myth: If I want to quit I'd have to do it alone.

Fact: No, there are many resources to help people quit. See the information listed if you are thinking about quitting.

Thinking About Quitting?

QuitSTART app

Free smartphone app that helps you quit smoking with tailored tips, inspiration, and challenges. Download the free app from Google Play or the Apple Store.

SmokeFree Txt

<https://teen.smokefree.gov/become-smokefree/smokefreeteen-signup>
Signup online or text QUIT to 47848.

Quitline

1.800.784.8669
1.800.QUITNOW

For support & local resources when you're trying to quit. Monday-Friday, 9:00 a.m. to 9:00 p.m. ET.

Department of Public Health

www.portal.ct.gov/DPH

Check with a health care provider or insurance for services that may be covered.