

THE RISKS OF VAPING

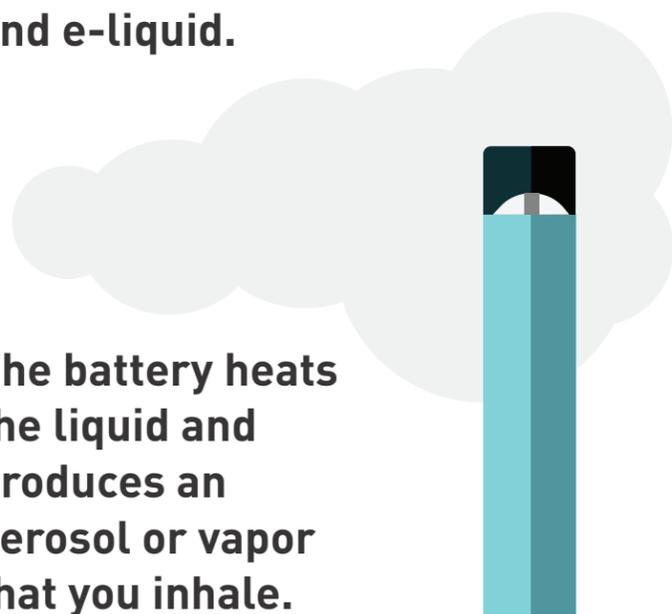
VAPING CAN EXPOSE YOU TO DANGEROUS CHEMICALS AND

CAN LEAD TO NICOTINE ADDICTION.



Vapes contain a battery and e-liquid.

The battery heats the liquid and produces an aerosol or vapor that you inhale.



Many e-liquids contain propylene glycol, glycerol, flavorings, and nicotine — the same highly addictive drug found in cigarettes.

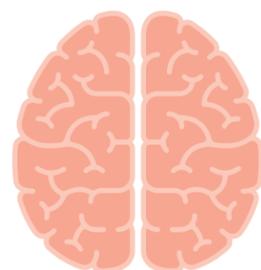


Some vapes contain as much nicotine as a whole pack of cigarettes.

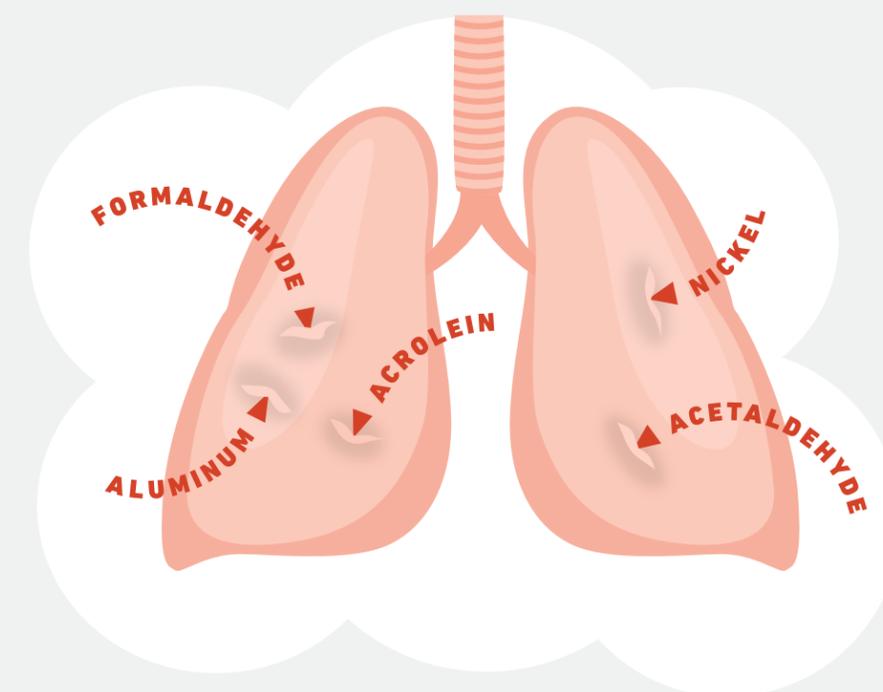
Nicotine addiction causes you to crave nicotine and makes it hard to stop vaping.

Teens are more vulnerable than adults to addiction because their brains are still developing.

Exposure to nicotine as a teen can cause short-term and long-term effects on attention, learning, and memory that promote addiction to nicotine.



Vape aerosol can expose you to harmful chemicals like formaldehyde, acrolein, and acetaldehyde, as well as harmful metal particles like nickel and aluminum.



STAY VAPE-FREE. Avoid nicotine addiction. If you already vape, you can quit. It may take several tries, but you can do it. If you need help, visit teen.smokefree.gov/quit-vaping.



To learn more about the dangers of vaping, visit www.fda.gov/youthvapingresources or scan the QR code.