

Need to Know

IF NOT FOR YOU — FOR A FRIEND

There seems to be a lot of miscommunication regarding E-Cigarettes or what some just know as “vaping” or “JUULing”

Here is what you need to know

- Vaping juices contain nicotine, the highly addictive substance found in traditional cigarettes.
- Each JUUL pod delivers the same amount of addictive nicotine as 20 cigarettes.
- About 66% of people that use nicotine become addicted on some level. (You get better odds flipping a coin.)
- A person can experience withdrawal from nicotine within 30 minutes.
- Withdrawal symptoms include anxiety, headaches, depression, irritability, and cravings. (Taken together, it can make it very difficult to get through a school day.)
- The flavorings have not been approved by the FDA for inhalation and can damage your lungs.
- Marlboro-maker Altria backs JUUL. (This means big tobacco is promoting and selling the product.)

If you have already started using the JUUL or other electronic cigarette, it is highly recommended that you put steps in place to quit. In cases where addiction has already developed, quitting is going to be difficult but there are programs that can help. This is Quitting has helped more than 150,000 youth and young adults on their journey to quit vaping. It's a free text messaging program that incorporates messages from other young people who have attempted to, or successfully quit, e-cigarettes. To find out more, text DITCHJUUL to 88709

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