

VAPING

the newest addiction

WHAT IS AN E-CIGARETTE?

An e-cigarette or e-cig as it's often called, can look like a regular cigarette or a small- to mid-size box. It is actually a battery-operated device that is used to heat a liquid-filled cartridge that contains nicotine. This creates a vapor that delivers nicotine with flavored additives and other chemicals into the lungs, up to the brain, and out to the body. E-cigs are not currently FDA-regulated or quality-controlled and have not been adequately safety-tested. The FDA also found that the levels of nicotine vary greatly between cartridges, as do the toxins and carcinogens included.



**BUT
VAPING
SMELLS
SO
GOOD!**

Chocolate, cherry, banana, mint — what's your favorite? Vaping delivers without the traditionally strong smell of cigarettes in the air, or on your clothes, but did you know the amount of nicotine needed to refill an e-cigarette cartridge — if swallowed by a child or even an adult — could cause death? It's true. Cases of death in small children who spilled the e-liquid on their skin have been reported.

NEWSFLASH

Vaping is the Tobacco Industry's latest way to CONTROL you.

Your love of technology, your need to not let people tell you what you *should* and *shouldn't* do, your desire for independence — Big Tobacco is always one step ahead with their hands out ready to take your money and welcome you to your newest addiction.

**FLIP THE SWITCH. DITCH THE VAPE.
TAKE BACK YOUR CONTROL.**

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