



# SAVE YOUR BREATH

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## Not just flavored water

Ingredients include:

- Nicotene
- Benzene (car exhaust)
- Marijuana
- Propylene glycol ("non-toxic" antifreeze)
- Lead, Nickel, Tin

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## Looks can be deceiving

- Designed to resemble USB flashdrives and pens
- Can be recharged on a USB port
- Most popular is a JUUL (called "JUULing")



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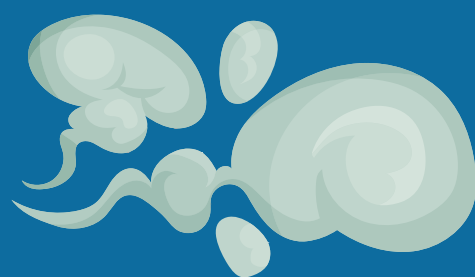


## E-liquids are HARMFUL

- 1 E-liquid = 20 cigarettes
- Nicotine can harm brain development
- Harmful chemical can cause lung disease
- Vaping can be a gateway to other drugs



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## Signs of vaping

- Unexplained sweet scent
- Unusual pens or USB devices
- Unfamiliar battery or battery charging device



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## Vaping prevention & cessation

- Talk with a trusted adult about these products and their dangers
- Consult a healthcare provider if you have questions or concerns
- Visit [www.mylifemyquit.com](http://www.mylifemyquit.com) for help

Sources: National Youth Tobacco Survey, Campaign for Tobacco Free Kids 2018, Centers for Disease Control and Prevention, National Institute on Drug Abuse



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