Common Vapes used include: Juul Vape and Cartridges (Left) and Sourin Air Vape (Right)

DID YOU KNOW?

Vapes and E-cigarettes have only been on the market since 2004. Tobacco/cigarettes have been around for 100's of years, but it was only 50 years ago that doctors and researchers could link tobacco to lung cancer and heart disease.

REMEMBER: If you inhale chemicals, natural or synthetic, you are putting your health at risk.

BE SMART—DON’T START

IF YOU NEED HELP QUITTING

Call 1-800-QUIT-NOW (1-800-784-8669)

https://teen.smokefree.gov/800quitNow.aspx
Nicotine is highly addictive, only about 7% of people who try to quit smoking on their own last at least one year.

ADDICTION: When you NEED it so bad that you cannot stop thinking about it, you become sick if you do not have it, and will do anything to get it.

What is VAPE and E-Cigarettes?

Vape and E-cigarettes are devices that can be used to inhale nicotine. (Nicotine has many dangerous chemicals and is addictive.) Vape products and E-cigarettes generally have nicotine and use flavored liquid that heats up and makes a vapor. Many people believe that since it isn’t tobacco or a cigarette that it does not create health risks and is not addictive. NOT TRUE, VAPING CAN BE ADDICTIVE!

Let’s see what you know.

2. TRUE or FALSE?

Vapor and E-Cigarettes contain Flavoring, Nicotine, Water, Nickel (cancer causing metal), Formaldehyde (used to embalm the dead) and Acetaldehydes (used in paint stripper)

ANSWER: TRUE ALL OF THE ABOVE

The research has shown that Vaping can be a factor in all of these health problems. The flavorings in the vapor and e-cigarettes contain a chemical called DIACETYL that is associated with lung disease. This is in addition to health issues caused by other chemicals.

3. Select ALL of the TRUE Statements Regarding Nicotine

A. Nicotine is safe
B. Nicotine is a drug that is more addictive than cocaine or heroin
C. Nicotine causes changes in the brain increases blood pressure, and can damage the heart.
D. High concentrates of liquid nicotine are poisonous when swallowed or directly absorbed through skin.

ANSWER: B,C,D Nicotine has many negative health effects. Nicotine is highly addictive - YES! more than cocaine or even heroin!

4. TRUE or FALSE?

Use of Vape helps people quit smoking.

ANSWER: FALSE The Federal Drug Administration has done lots of research. They found that using vape products and E-cigarettes are NOT EFFECTIVE ways to stop smoking. In fact, those that use them can move on to smoke tobacco.

WARNING

E-cigarette and Vapes have been known to explode. Many people have been burned from explosions caused by issues with the batteries.

What Do You Know?

1. TRUE or FALSE?

Anyone over the age of 16 can legally buy Vape or E-cigarettes products.

ANSWER: FALSE You have to be 18 to legally buy and possess tobacco products, E-cigarettes, and Vape products In Clinton Township and many other areas. Possession of Vape products under age 18 or possession on school property will result in a $50 fine and may include going to court and paying court costs. Tobacco related products and Vape/E-cigarettes are NOT ALLOWED on school property and WILL RESULT IN DISCIPLINE/SUSPENSION.