

BE CLEVER VAPE NEVER

ADDICTION

Most e-cigarettes contain nicotine, which is highly addictive.

(CDC.gov)

STRESS AND NICOTINE

Nicotine can re-wire your brain, increasing nicotine receptors and providing a stressful feeling every time you're not vaping.

(TRUTH.com)

ENVIRONMENTAL IMPACT

Vape waste increases:

- Single-use plastics and plastics pollution
- Tech waste from parts, including lithium-ion batteries
- Toxic chemicals introduced into the environment

(Truth Initiative "Tobacco and the environment Fact Sheet")

VOLATILE ORGANIC COMPOUNDS (VOCs)

VOCs can cause eye, nose, and throat irritation, headaches and nausea, and harm the liver and other organs. *(epa.gov)*



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Text "START MY QUIT" to 36072
to get free, confidential support to quit vaping.