

BE CLEVER VAPE NEVER

ADDICTION

Most e-cigarettes contain nicotine, which is highly addictive. ([CDC.gov](https://www.cdc.gov))

BRAIN DEVELOPMENT

Nicotine exposure can harm brain development and impact learning, memory, and attention. ([CDC.gov](https://www.cdc.gov))

VOLATILE ORGANIC COMPOUNDS (VOCs)

VOCs can cause eye, nose, and throat irritation, headaches and nausea, and harm the liver and other organs. ([epa.gov](https://www.epa.gov))

LUNG DAMAGE

Inhaling flavorings and other chemicals can be harmful to the lungs. ([CDC.gov](https://www.cdc.gov))

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



SOUTHEASTERN PA
Tobacco
Control
Project



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