

Vapes

Vapes are electronic devices that heat e-liquid. They are also called e-cigarettes, e-hookah, mods, vape pens, tank systems, pod mods, or by brand names like JUUL.

How do they work?

- Vapes use small cartridges (pods) or refillable tanks of e-liquid.
- Puffing on a vape turns a battery on and heats the e-liquid.
- This creates an aerosol that looks like smoke when exhaled. It is not just water vapor.
- Nicotine gets into the body through the mouth, throat, and lungs.

What's in vapes?

- Ingredients vary, but most e-liquids have nicotine.
- Other ingredients may include propylene glycol, glycerin, water, and flavoring agents.
- Some vapes contain tetrahydrocannabinol (THC), the main psychoactive ingredient in marijuana.

Are vapes safe?¹

- Since vapes are currently sold without much regulation, they may contain toxins.
- There have been lung problems and even deaths among people who vape, although the specific cause is still being studied.

Youth Use¹

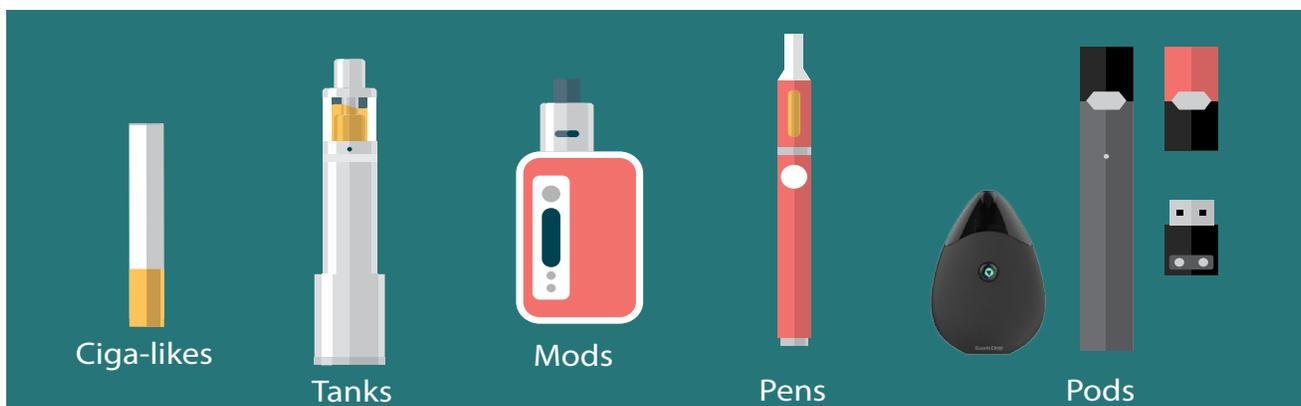
- Vapes are the most commonly used tobacco product among U.S. middle and high school students.
- Youth are attracted to brands like JUUL because of the sleek look and flavors.

Youth and Nicotine¹

- Many youth believe vapes are not addictive, but that is not true.
 - » For example, one JUUL pod contains as much nicotine as a pack of cigarettes.
 - » Pod systems use e-liquid with nicotine salts. Salts give a smoother hit and a lot more nicotine than e-liquid without salts.
- Nicotine can:
 - » Affect brain development
 - » Increase heart rate and blood pressure
 - » Narrow blood vessels

Do vapes help people quit smoking?

- Research has shown that vapes can help some people quit smoking, like nicotine patches can.²
- However, it's hotly debated whether they should be available at all, especially given the risk they pose to youth.³
- Vapes are not currently approved as a quit aid by the U.S. Food and Drug Administration.



5 Tips to Help You Quit Vaping

1. Find your reason: Why do you want to quit?

- Write down your main reasons
- Remind yourself often why you want to quit

2. Know your triggers: What makes you want to vape?

- Write down the times when you like to vape
- Some common triggers are when you drink alcohol, feel stressed, hang out with others who are vaping, or feel bored

3. Make a plan to deal with triggers: What can you do instead?

- Change your ways – do other things like take deep breaths, chew on a straw, drink water, and avoid places where you vape
- Change your thoughts – think about why you want to quit, tell yourself that vaping is not an option, and give yourself credit for quitting

4. Set a quit date: What day might work best for you?

- Choose a day that is more or less stress-free
- Mark the date and commit to quit
- Give it a try

5. Keep trying: What if you don't make it this time?

- It can take many tries to quit for good
- You never know which time will stick – if you keep trying you WILL do it!

FREE Help

Call **1-844-8-NO-VAPE** for free help to quit vaping!

¹Surgeon General's Advisory on E-cigarette Use Among Youth. 2018.

²Hajek P, et al. 2019.

³National Academies of Sciences Engineering and Medicine. 2018. Public Health Consequences of E-cigarettes.