

JUUL and Suorin

JUUL and Suorin are types of e-cigarettes. When you puff on them, a battery turns on and heats a liquid (e-liquid). This turns into an aerosol (not just a vapor) that looks like smoke.

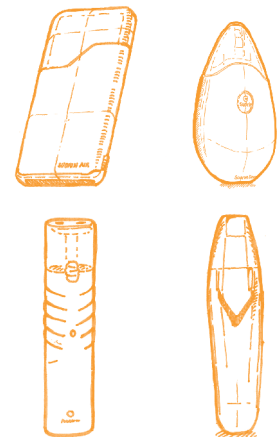
JUUL¹

- **JUUL** looks like a USB drive
- **JUUL** uses pods that attach to the device and hold e-liquid.
 - This liquid has nicotine salts, which gives a stronger hit of nicotine than e-liquid without salts.
 - It also has benzoic acid, glycerol, propylene glycol, and flavors.
 - Flavors include mango, tobacco, mint, fruit, and menthol.
 - The pods are thrown away when the liquid is gone.
- **JUUL** costs \$34.99 and a pack of four pods costs \$15.99.



Suorin²

- **Suorin** is the brand name for a family of devices:
 - **Suorin Air** - size of a thick credit card
 - **Suorin Drop** - flat teardrop shape
 - **Suorin iShare** - looks like a USB drive with an on-the-go charger
 - **Suorin Vagon** - curved body with a holster clip
- All devices use pods that hold e-liquid.
 - They can be refilled with any e-liquid, even the salt-based ones.
 - There are many flavors, like cotton candy, grape, and apple.
- **Suorin** devices cost \$19.99-59.99.



Youth Use

Many youth use JUUL or Suorin. It is easy for them to get hooked.^{1,2,3,4}

- One JUUL pod has the same level of nicotine as 200 cigarette puffs (a pack of cigarettes) but:
 - Many youth take big puffs and breathe in deep when they vape.
 - They finish pods faster than 200 puffs.
- Youth get a lot of nicotine from these devices. The salt-based e-liquids give a strong dose of nicotine with each puff.
- Nicotine can cause:
 - Heart rate and blood pressure to go up
 - Blood vessels to get narrow

If you or someone you know wants to quit, check out the tips on the back!

Quitting JUUL or Suorin

5 Tips to Help You Quit

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 use JUUL or Suorin?

- Write down the times when you like to use
- 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 use
- 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 1-800-NO-BUTTS for FREE help to quit!

¹ JUUL Website (2018).

² Suorin Website (2018).

³ Campaign for Tobacco Free Kids. (2018). JUUL and Youth: Rising E-cigarette Popularity.

⁴ Stanford Medicine. (2018). Why Should I be worried about JUULs?

⁵ Livestrong.Com.(2017). The Effects of Nicotine on the Body.