

JUUL and Suorin

What are JUUL and Suorin?

JUUL and Suorin are electronic devices.

- When you puff on them, a battery turns on and heats e-liquid that often has nicotine.
- This turns into an aerosol (not just a vapor) that looks like smoke.

JUUL¹

- JUUL looks like a USB drive
- Pods that attach to the device and hold e-liquid.
 - » This liquid has nicotine salts that give stronger hits than e-liquid without salts.
 - » It also has things like propylene glycol and flavorings.
 - » Some flavors are tobacco, mint, and fruit
 - » The pods are thrown away when empty.
- JUUL costs \$34.99 and a pack of four pods costs \$15.99.

Suorin²

- Suorin is 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
 - » Suorin Edge - looks like a USB drive and comes with extra battery
- 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 grape and apple.
- Suorin devices cost \$19.99-59.99.

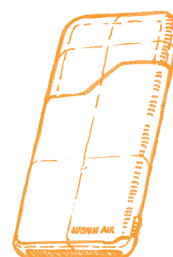
Youth Use

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.
 - » They finish pods faster than 200 puffs.
- Youth get a lot of nicotine from these devices.
 - » The salt e-liquids give a strong dose of nicotine with each puff.
- Nicotine can cause:⁵
 - » 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!

JUUL



Suorin Air

Suorin Drop



**Call for FREE help to quit vaping!
1-800-NO-BUTTS**

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.