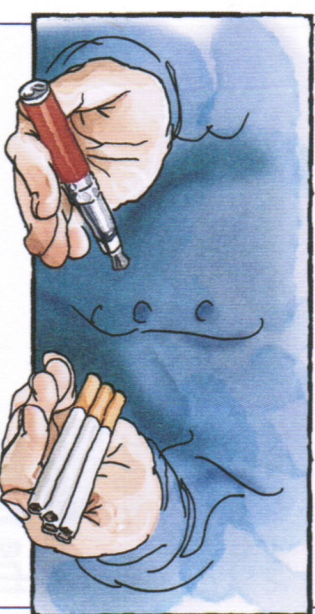


6. Vaping may lead to smoking regular cigarettes.

- ✓ Health experts have spent decades working to get the truth out about the deadly effects of regular cigarettes.
- ✓ Studies show that teens who try vapes are twice as likely to smoke regular tobacco cigarettes.



Vaping can get you hooked on nicotine, and maybe on regular tobacco products too.

7. Vapes are not likely to help people quit smoking.

- ✓ Vaping is not a safe or approved quit-smoking method.
- ✓ Vapes have different levels of nicotine. People using vapes may be getting more nicotine than they realize. This may actually make quitting harder.
- ✓ To get help with quitting, look online at smokefree.gov.

Vape companies know that flavored vapes are tempting. In fact, most young people who have ever tried vaping say it was because of the flavors. But vaping is not risk-free, even if you choose vapes without nicotine. Read inside to get the facts.

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

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Special thanks to our medical, professional and audience reviewers.
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Please do not duplicate. Printed on recycled paper.
Title #5830 ISBN 978-1-56885-830-2

For ordering information contact:

JOURNEYWORKS PUBLISHING
P.O. Box 8466 • Santa Cruz • CA 95061
800 • 775 • 1998 www.journeyworks.com

Flavored and Nicotine-Free Vapes

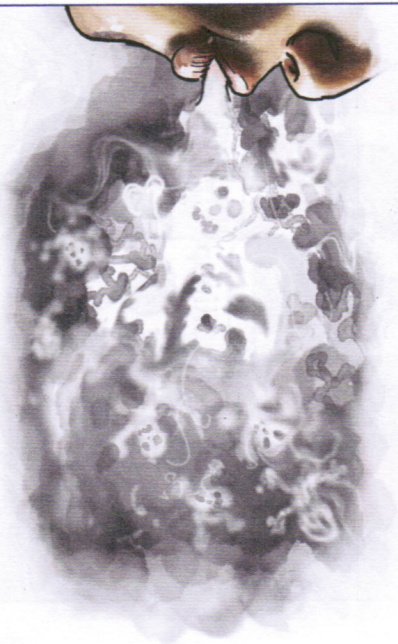
7 Things You Need to Know



With flavors like Vanilla Caramel Swirl or Very Berry Slushie, vape companies know you might be tempted to try vaping. But vaping has real health risks, even if you choose nicotine-free vapes. Here is what you need to know about vapes.

1. Vapor is not just water.

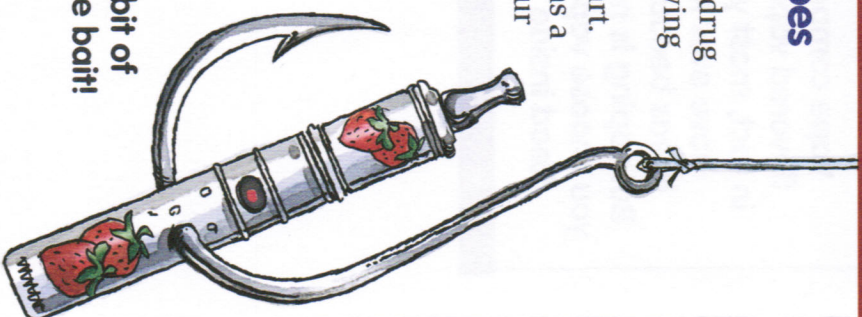
- ✓ Many people think that when they use flavored vapes, they are inhaling harmless flavored water.
- ✓ Actually, the vapor is way more than just water. It is an aerosol mist full of toxic chemicals.
- ✓ Some of the toxins found in vapes include formaldehyde, heavy metals such as nickel, tin or lead, and other chemicals known to harm your health – think cancer, lung disease and heart attacks!



2. Most flavored vapes have nicotine.

- ✓ Nicotine is the addictive drug found in cigarettes, chewing tobacco and cigars.
- ✓ Nicotine harms your heart.
- ✓ Regular use of nicotine as a teen can change how your brain develops. These changes can make addiction to tobacco or other drugs more likely.
- ✓ Nicotine use can also affect learning, memory and mood.

Flavors can make it easy to get hooked on nicotine or the habit of vaping. Don't take the bait!



3. Nicotine-free vapes are not harmless.

- ✓ Some vape companies make vapes that claim to have no nicotine. But studies found that some “nicotine-free” vapes actually had nicotine. This means the labels on vapes are not always accurate.
- ✓ The long-term health effects of inhaling many of the chemicals used to flavor vapes are not yet known.
- ✓ One commonly used chemical, diacetyl, has been shown to cause a serious lung disease called “popcorn lung.”

4. Vape companies use tricks to hook you.

- ✓ Vape companies know that once you try flavored vapes, you are more likely to keep vaping.
- ✓ That's why they use lots of tricks to get you to start vaping. One trick is to use brand names such as “Safe-Cigs” or “E-HealthCigs” that make vaping sound healthy.
- ✓ Another trick is to use ad slogans like “Calorie-Free Flavor!” or “Vape Your Dessert” to make you think vapes can be used as a dessert and might help you lose weight!

5. Fun flavors try to hide the truth.

- ✓ Vaping companies know that sweet and fun flavors tempt people to try their products.
- ✓ Don't let the flavors fool you. The truth is, vaping companies just want your money!

