

## 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](http://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.

Written by Nancy Calhoun.  
Designed by Su Gatch. Illustrated by Karl Edwards.  
Special thanks to our medical, professional and audience reviewers.  
©2018 Journeyworks Publishing. All rights reserved.  
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](http://www.journeyworks.com)

# Flavored and Nicotine-Free Vapes

## 7 Things You Need to Know

