Aren’t E-cigs (or Vapes) safer than cigarettes?

Vapes and cigarettes are actually a lot alike. They both put nicotine and cancer-causing chemicals into your body causing problems both now and long into the future – making it hard to live your best life.

Safer ≠ Safe

Juuls and vape juice – even the ones that say “no nicotine” – usually contain nicotine – and a lot of it! Nicotine is as addictive as heroin, cocaine and alcohol – especially for teens and young adults since our brains are still developing into our mid 20s. Juul and the vape companies count on that, spending BILLIONS every year to target teens, minorities, LGBTQ, and others to hook them for life.

Vape now = cigarettes later
(If you vape, you’re 4x more likely to start smoking.)

Get the Facts about Vaping:

1 Juul pod = 20 cigarettes

New reports of severe lung problems, hospitalizations, and DEATH suggest it’s not a safer alternative to smoking

Nicotine rewire your brain, affecting learning, memory, focus and emotions

Flavors are designed to be the hook; nicotine then becomes the need

Got stress? Nicotine can worsen anxiety, mood swings, irritability and our emotional health

It’s not just water vapor – chemicals from vaping can cause breathing problems and lower sports performance

$12.8 Billion = what Marlboro tobacco company paid to be a part of Juul’s company… makes you think, huh?
# Get Help to Quit Vaping

The best way to protect yourself from the dangers of vaping and getting hooked is to quit for good. Here are some resources that can help:

## A “quit plan”
- List your reasons for quitting.
- ID things that make you want to vape & think of a plan to deal with them.
- BE a friend and ASK a friend to quit with you – for both of your health.

## My Life My Quit

Text “Start My Quit” to 855.891.9989 or call to talk with a coach who is ready to listen and cheer you on.

## Other support groups
- “DITCHJUUL” at thetruth.com
- mylifemyquit.com
- Smokefree Teen
- quitSTART app
- Smokefree.gov
- SmokefreeTXT

## Talk to your doctor

Develop a quit plan with support from your doctor along the way. Ask about nicotine replacement therapy and medications, if appropriate.

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