

JUUL and Vapes: What you should know

Electronic cigarettes, including JUULs, vapes and hookah pens, are inhaled like regular cigarettes and the heated e-liquid or “e-juice” contains highly addictive nicotine and cancer-causing chemicals. Research shows e-cigarettes are particularly harmful to young people in sports and other recreational activities. Use of these substances will negatively affect athletic performance and the drive to compete and will decrease the ability to recover after training or heal from an injury.

- The aerosol cloud from these devices is NOT a simple water vapor! It is known to be extremely harmful and contains many of the same chemicals as cigarette smoke and potentially the same dangerous health risks.

- JUUL does not make any nicotine-free pods and some may have as much nicotine as a pack of cigarettes.
- Nicotine is highly addictive and exposure during adolescence can harm the brain, which continues to develop until around age 25. No amount is safe.

How is JUUL different from other e-cigarettes?

- The nicotine concentration in JUUL is nearly double the amount of other e-cigarettes – a serious concern for youth who are more likely than adults to develop nicotine addiction.
- Manufacturers of these devices make them stylish and taste like fruit and candy to attract young people so they will become lifetime users, addicted to their products.
- The chemicals created by artificial flavoring add additional risk for breathing and lung damage.



Different products.
Same dangers.

HOW TO QUIT VAPING

- Prepare in advance and have a plan. Knowing why you want to quit vaping can help you stay motivated and focused on your goal to become vape-free.
- Think about the things in your life that are important to you. Does vaping get in the way of what's important?
- Know your triggers.
- Throw out things that remind you of vaping: JUULs, vapes, chargers and pods.
- Change your daily routine and explain to your friends that you're not avoiding them but that you are avoiding situations that might make you want to vape again. It may be helpful to make some changes in your social life, at least for a little while.

WHAT'S IN VAPING DEVICES?



ARSENIC



FORMALDEHYDE



RUBIDIUM



BENZALDEHYDE



CADMIUM



LITHIUM

REACH OUT TO OTHERS!

Your friends, parents, teachers, doctors and other trusted adults can help you celebrate successes and lift you up when you're feeling down.

Get free personalized help from experts who can help you stay smoke- or vape-free. Learn more at [BeTobaccoFree.gov](https://betobaccofree.gov) (<https://betobaccofree.hhs.gov>) or call **1-800-Quit-Now** to talk to a counselor.