

# FACT:

## VAPING HARMS YOUR HEALTH



Most e-cigarettes contain nicotine, the same highly addictive chemical in regular cigarettes.



One Juul pod has as much nicotine as a pack of cigarettes.



Teens are at greater risk for addiction to nicotine because their brains are still developing.



Kids who vape are more likely to start smoking cigarettes.



Some e-cigarettes contain chemicals, such as formaldehyde, that can cause cancer.

**READY TO QUIT VAPING? Check out these resources below:**

Text "Start My Quit" to 36072 or visit [mi.mylifemyquit.org](http://mi.mylifemyquit.org)

Enroll in "This is Quitting" (Truth Initiative), by texting DITCHVAPE to 88709  
[truthinitiative.org/thisisquitting](http://truthinitiative.org/thisisquitting)

Sign-up for SmokeTreeTXT at [teen.smokefree.gov](http://teen.smokefree.gov) or text QUIT to 47848 (iQUIT)