

VAPING:

NOT SAFE.

NOT SMART.

NOT HARMLESS.

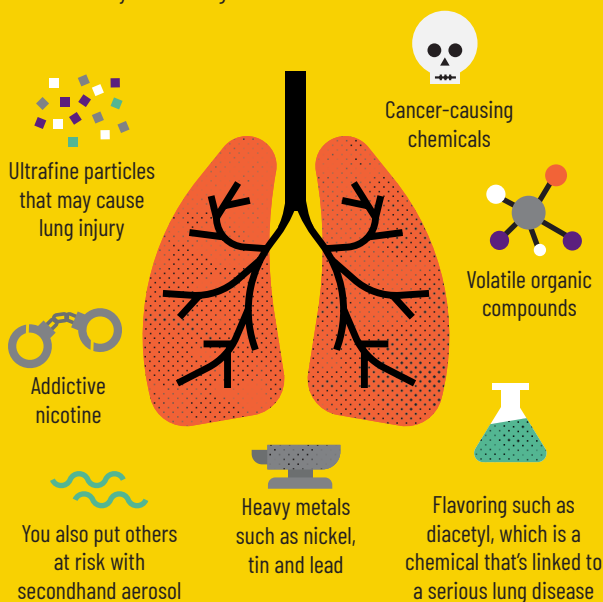
Maybe you've heard that vaping is just flavoring and water vapor. Or that it's a safe alternative to smoking. **BUT HERE'S THE TRUTH**—vaping can be dangerous to everyone's health. What's even more scary, no one really knows the long-term effects it can cause.

WHAT IS VAPING?

Simply put, vaping is the inhaling of chemicals that's created when an e-cigarette heats an e-liquid found in its cartridge or pod.

WHY IS VAPING BAD FOR YOU?

Contrary to popular belief, e-liquids **ARE NOT** just flavoring and water. When you vape, you're breathing in chemicals that may contain many harmful ingredients.



VAPING AND KIDS: A DISTURBING TREND.

Although nicotine found in vapes is harmful to everyone, it can be especially harmful to young people's brain development, which doesn't stop until age 25. Using nicotine at a young age can negatively affect learning, prime the adolescent brain for addiction to other drugs, and increase the risk of anxiety and depression.

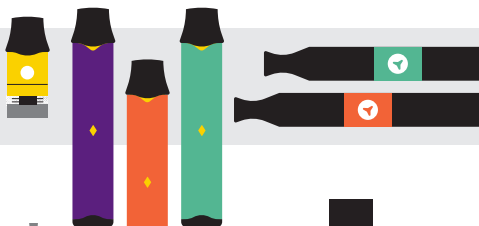
SCARY STAT ALERT

During 2019-2020, disposable vape use increased by 1,000% among current high school vape users and by 400% among current middle school vape users.

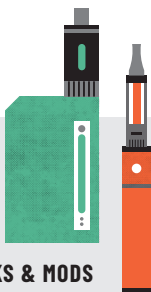
It's easy to see why we need to do everything we can to stop the youth vaping trend before it gets any worse. Starting now.

DIFFERENT TYPES OF VAPES.

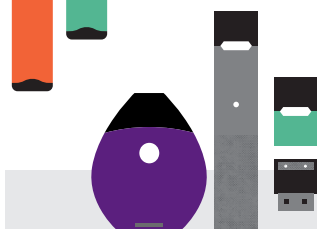
DISPOSABLE VAPES



TANKS & MODS



RECHARGEABLE VAPES



TAKE ACTION NOW.

Talk to the young people in your life about the dangers of vaping. Start an open conversation so they know they can turn to you if they're ever peer pressured to try vaping. And, of course, set a good example by maintaining a tobacco-free home.

QUITTING IS POSSIBLE.

If you know any young people who need help quitting vaping or other tobacco products, My Life, My Quit™ is a free resource that can help. Our coaches can develop a quit plan just for them. Encourage the young people in your life to start their quit today.

MYLIFEMYQUIT.COM
TEXT "START MY QUIT"
TO 36072

MY LIFE MY QUIT.

IOWA
Health and
Human Services

Source: cdc.gov

Comm. 103 (05/24)