

# JUULS, VAPING & NICOTINE: ADDICTION GUARANTEED

Juuls and other forms of e-cigarettes are gaining popularity across the country. With enticing flavors and targeted social media marketing, millions of middle and high school students are using Juuls and e-cigs. Learn the facts about Juuls, e-cigarettes and vaping so you never have to learn how hard it is to kick the habit.



## WHAT IS VAPING?

Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, which is produced by an e-cigarette, Juul or similar device. E-cigarettes do not produce tobacco smoke, but rather an aerosol, often mistaken for water vapor, that actually consists of fine toxic particles.

## WHAT IS A JUUL?

A Juul is a small e-cig that looks like a USB drive. It is small and easy to hide. A Juul "pod" holds a liquid that contains flavors, other chemicals, and nicotine that is heated when turned on. Juul delivers astoundingly high doses of nicotine, (one e-liquid pods is equal to a pack of cigarettes in terms of nicotine). Double the amount in other e-cigarettes.



JUUL Device

Standard USB drive

## WHAT IS NICOTINE?

Nicotine is a highly addictive stimulant found in tobacco products. Users feel happier and relaxed for a short time, but then suffer withdrawals shortly after. 63% of Juul users age 15 to 24 did not know it contains nicotine. Americans are more addicted to nicotine than any other drug.

## THE DEVICES CAN EXPLODE!

The FDA has warned that while these explosions are rare – they can happen, and lead to serious injury. Most common injuries are flame burns, chemical burns, and blast injuries to the face, hands, thigh or groin.



## SHORT TERM EFFECTS:

Euphoria • Rapid heart rate • Increased breathing  
High blood pressure • Dizziness • Sleeplessness  
Coughing • Seizures

## LIFETIME OF ADDICTION

Nicotine is highly addictive. Users who try to quit quickly suffer withdrawal symptoms, including:

**Cravings • Depression • Moodiness • Anxiety**

**WITHDRAWAL FEELS VERY UNCOMFORTABLE, SO THE USER VAPES MORE NICOTINE FOR RELIEF.**

**QUITTING IS HARD AND MAY TAKE SEVERAL ATTEMPTS.**

Nicotine use harms developing brains, which puts users 25 and below at risk of serious, long-lasting damage.

## LONG TERM EFFECTS:

The microscopic particles e-cigarettes emit have been linked to heart attacks, high blood pressure, and coronary artery disease as well as harming lung tissue. The biggest risk is nicotine addiction. 30% of e-cig users are more likely to start smoking, and 70-90% of e-cig users smoke cigarettes too.

Vaping isn't safe. While many people start because they think it looks cool or they enjoy the flavors, remember that there's nothing cool or fun about nicotine addiction.



**NICOTINE ADDICTION IS TOUGH TO OVERCOME, BUT NOT IMPOSSIBLE. If you or someone you know is hooked on nicotine, talk to a doctor or counselor about ways to quit. YOU CAN DO IT!**

**NEVER SMOKED TOBACCO OR E-CIGS? DON'T START!**