

Think vaping is safe? Think again.

You might think using e-cigs through vaping or “juuling” is way safer than smoking. **Let’s get real.**

Three reasons to ditch e-cigs:



1. **Addiction:** Did you know you’re inhaling nicotine when you vape? Nicotine is highly addictive and can cause some serious damage to your brain or lungs. **One e-cig JUUL pod = 20 cigarettes worth of nicotine.**



2. **A gateway to cigarettes.** E-cig users are four times more likely to start smoking regular cigarettes.



3. **It’s toxic:** The flavorings and aerosol cloud from e-cigs have many of the same harmful toxic chemicals found in cigarette smoke.



Skip the vape. Be part of something no generation has done before — **end nicotine addiction once and for all.** This could save millions of lives.

Sources:

CDC, www.cdc.gov/tobacco/basic_information/e-cigarettes

The Truth Initiative, www.thetruth.com

Get help. Know the facts.
Take control.



Want to kick your e-cig habit? Text **“DITCHJUUL”** to 88709.

Learn the real cost of vaping at [instagram.com/therealcost](https://www.instagram.com/therealcost).