

# Vaping

## What is a vape pen?

A device that turns liquid into mist or vapor for someone to breath in. Vaping is breathing the mist from a vape pen.

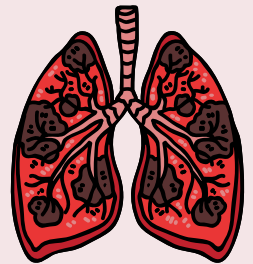


## Is vaping dangerous?

**YES!** Vaping is toxic and can cause cancer.

- It has small bits that can hurt your lungs and make it hard to breathe.
- The vape liquid is toxic to your skin and eyes.
- Users have been hurt from fires caused by the batteries in vapes.

Vaping can make decision making hard and affects your mood. You can also get sick with a lung disease called EVALI that makes you cough, have chest pain, and makes it harder for you to breathe.



## Is vaping addictive?

**YES!**

- 99% of vape products have nicotine, which is addictive.
- One pod has as much nicotine as an entire pack of cigarettes.
- The flavors (like mint, mango, candy) are made so you will like them.
- Your body will slowly want more and more.

By not filling your cravings you could start feeling withdrawal. This may make you feel restless, depressed, and have trouble sleeping or focusing.

- Quitting can help you feel less sad and stressed.



## I just vape with my friends - is this a problem?



- Most people who get addicted start out sharing with friends.
- Vaping is always bad for you, even if you only use it a little.
- Vaping also leads many people to try regular cigarettes which can lead to addiction and cancer.

Most people do NOT vape, and most people who do vape, want to stop.

## I can't imagine not vaping - how can I stop?



Quitting is hard for everyone. Everyone can use help.

For support you can text DROPTHEVAPEVAPE to 88709 and call your CHN clinic to plan a visit with a social worker.

Check out Juliuss' story at [www.thetruthinitiative.com/juliuss-story](http://www.thetruthinitiative.com/juliuss-story)

## How to pick your day to quit:

<b>1-2 weeks from today.</b>	Picking a date too far away gives you time to change your mind. Pick a day in 1-2 weeks.
<b>Stay clear of important or stressful days.</b>	Stress can make it hard to quit, avoid days with an important event or exam.

Also avoid Zen and other tobacco powder containing oral pouches. They are very addictive and not approved for quitting nicotine

**Day I plan to quit:** \_\_\_\_\_



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