

Nicotine is highly addictive & can interfere with normal brain development when exposed before the age of 25

- "JUULing" refers to using one brand of e-cigarette called JUUL, which is very popular among kids, teenagers & young adults
- All JUULs contain nicotine
- They are small, sleek, high tech-looking & easy to hide. They look like USB flash drives & can be charged in a computer
- JUULs can be hidden in the palm of the hand & are hard to detect because they give off very little vapor or smell
- Kids & teenagers are known to use them in school restrooms and even in the classroom

JUST HARMLESS WATER VAPOR? THINK AGAIN.

- Most e-cigs and vapes contain nicotine, with levels often much higher than what it is labeled
- Even e-liquid that claims to be nicotine-free has been found to contain high levels of nicotine
- Some vapes get their flavoring from chemicals known to cause serious lung disease (diacetyl)
- Other known chemicals include lead, benzene, formaldehyde, and propylene glycol



- **JUUL pods contain as much nicotine as a pack of cigarettes!!**
- **1 JUUL pod = 20 cigarettes worth of nicotine!**

WILL COUNTY HEALTH DEPARTMENT TOBACCO CONTROL & PREVENTION

FOR ADDITIONAL E-CIGARETTE & VAPING
RESOURCES PLEASE VISIT OUR WEBSITE
<https://tinyurl.com/wchd-vaping>

According to the 2018 Illinois Youth Survey- e-cigarette use in 8th grade increased by 66% & use in 12th grade increased by 18% in Will County since 2016

E-cigarette & Vaping Related Respiratory Illness

- According to the CDC, more than **2,600** cases of severe lung illness, associated with the use of vaping products, has been reported in all 50 states (several cases reported in Will County)
- **More than 50 deaths** have been confirmed, including in **Illinois**
- The CDC **has not** identified a specific substance or e-cigarette product that is **linked to all cases**- it is advised to not use any vaping products at this time

Known Symptoms Include:

cough, shortness of breath, or chest pain

nausea, vomiting, or diarrhea

fatigue, fever, or unexplained weight loss

Patients have reported that their symptoms developed over **a few days**, or over **several weeks**

If you do use e-cigarettes & experience any of these symptoms, please seek medical attention as soon as possible

Regardless of this outbreak, the CDC recommends:

- Youth and young adults should not use e-cigarette products
- Women who are pregnant should not use e-cigarette products
- Adults who do not currently use tobacco products should not start using e-cigarette products
- You should not modify e-cigarette products or add any substances to these products

Smokers, and those who vape, who are attempting to quit can call the Illinois Tobacco Quitline at 1-866-QUIT-YES or visit QuitYes.org