

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

- Vaping refers to the use of e-cigarettes, which is very popular among kids, teenagers & young adults
- All vapes contain nicotine or marijuana
- They are small, sleek, high tech-looking & easy to hide. They can look like common items like USB flash drives that can be disguised
- Vapes can be hidden in the palm of the hand & can be hard to detect
- 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 and byproducts include lead, benzene, formaldehyde, and propylene glycol



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

## **WILL COUNTY HEALTH DEPARTMENT TOBACCO CONTROL & PREVENTION**

FOR ADDITIONAL E-CIGARETTE & VAPING RESOURCES  
PLEASE VISIT OUR WEBSITE

<https://willcountyhealth.org/tobacco-control-and-prevention/>

According to the 2022 Illinois Youth Survey: 5% of 8th grade, 9% of 10th grade, and 13% of 12th grade students, used e-cigarettes or other vaping products in the past 30 days

# Need Help Quitting?

## E-cigarette & Vaping Teen Quit Program



At My Life, My Quit™ we share  
the truth about nicotine, vaping  
and other tobacco products.

The My Life, My Quit Program is for young  
people ages 12-17 who want help to quit  
all forms of tobacco, including vaping.

My Life, My Quit Coaches help youth:

- Develop a quit plan
- Cope with stress
- Learn about nicotine
- Get ongoing support

Youth can **TEXT/CALL**  
**855.891.9989**

or **CHAT ONLINE**  
with a Coach

**My Life, My Quit is always free and confidential.**  
**[www.mylifemyquit.com](http://www.mylifemyquit.com)**

My Life, My Quit  
is operated by National Jewish Health. More  
resources are available at [www.mylifemyquit.com](http://www.mylifemyquit.com).