

## What is Vaping?

- The act of inhaling/exhaling the aerosol produced by an e-cigarette.
- Popular e-cigarettes among many users are JUUL
- Involves usage of nicotine and other addictive chemicals as opposed to tobacco.



### Personal Story of a Teen

- Simah Herman, 18, was suffering in the hospital because of vaping.
- She said, "I just remember feeling like absolute...nothing. Like I just couldn't do anything,"
- She was in a coma and put onto a ventilator.
- Her lungs were inflamed and full of liquid.
- She then wanted to open a No Vaping campaign due to her personal experience.



## Why is JUULing and Vaping Addicting?

- Appealing to kids and teenagers due to its different flavors (including candy-like ones).
- Contains a high amount of nicotine, an addictive chemical.
- When you do not vape after being addicted, the levels of nicotine can drop in your body causing abnormal and *unpleasant feelings*.
- Their small size makes them easy to hide.

Say "NO" to Vaping

### How to Quit



## Dangers of Vaping

- Can cause lung injuries, heart problems, and even death.
- The 2019 National Youth Tobacco Survey data showed that 34.2% of the current high school and 18% of current middle school e-cigarette users vaped on at least 20 days a month.
- Nicotine can be highly addictive and prolong the development of a teenager's brain.



✘ Quit Now ✘  
Feel Better Tomorrow



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