



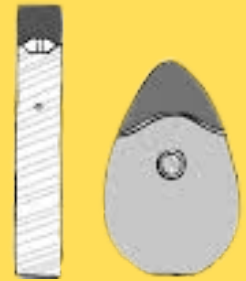
VAPING

What Parents And Caregivers Need To Know

It is illegal for anyone under the age of 21 to buy, sell or use e-cigarette products.

E-cigarettes make secondhand aerosol. This is similar to secondhand smoke and has many of the same chemicals.

Nicotine can be found in e-cigarettes that say they are nicotine free.

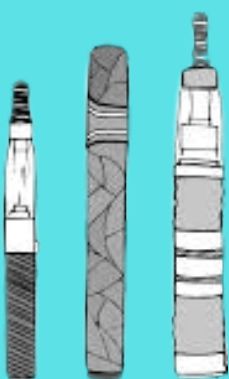


Vaping devices no longer only contain nicotine - now vapes containing essential oils, marijuana, and other drugs can be purchased. These are not safe either.

The nicotine levels found in e-cigarettes is not regulated. This means that these products can have the same amount of nicotine as a regular cigarette, or even more!

E-cigarette liquid comes in a variety of flavors - from bubble gum to strawberry. This makes children more curious about e-cigarettes.

Nicotine exposure can harm a child's brain development. It affects the part of the brain that controls attention, learning, mood and impulse control.



Talking with your child can help. Make sure they know the truth about e-cigarettes talk to them about nicotine addiction.



For more info contact:
1(800)928-4416x1150



TIPS FOR TALKING WITH YOUR CHILD:

- Know the facts
- Be patient and ready to listen
- Start the conversation
- Ask for support
- Answer their questions
- Keep the conversation going

Some parents and caregivers struggle with these conversations - especially if they are tobacco users themselves. If you are ready to quit, contact your doctor and use the resources below!

Your local health department offers free classes to help quit tobacco.

Contact 1(800)928-4416 x 1150 to be added to the waitlist for our upcoming Freedom From Smoking class!



QUIT NOW KENTUCKY is a free quitline to help YOU become tobacco free. This program is made just for you with help from your trained Tobacco Coach.

Contact 1-800-784-8669 to sign up today!



MyLifeMyQuit is for ages 17 and under. It's the free and confidential way to quit smoking or vaping. They are here for you every step of the way. It's YOUR LIFE and they're here to help you live it YOUR WAY.

Call 1-855-891-9989 or text 36072 to start!