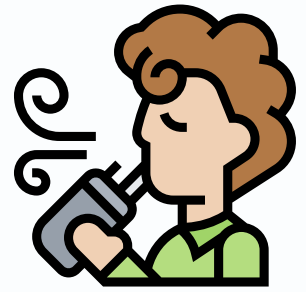


Vaping



What is Vaping?

Vaping is the act of inhaling and exhaling aerosol, often referred to as vapor, which is produced by an e-cigarette or similar device.

What is aerosol?

Aerosol is made up of tons of chemicals that contain heavy metals, known carcinogens, and nicotine.

How much nicotine is found in a vape product?

Most vape cartridges contain more nicotine than a pack of cigarettes.

On average, teenagers claim they are changing their vape cartridges 2-3 times a day.



What about vaping and coronavirus?

Doctors report that people who smoke or vape may be at higher risk for more severe symptoms when it comes to Coronavirus.

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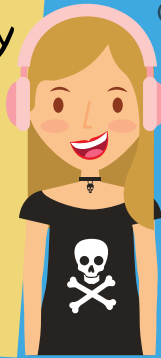
For more information, visit our [web site](#)
or contact us at kristen.hoben@lvhn.org



FACTS ABOUT VAPING



E-Cigarettes are the most commonly used tobacco product among U.S. middle and high school students



20% of people who try vaping "just once" actually become lifetime users



- An increasingly popular e-cigarette called JUUL, is shaped like a USB flash drive



JUUL delivers a high dose of nicotine. Nicotine is highly addictive and can harm adolescent brain development



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