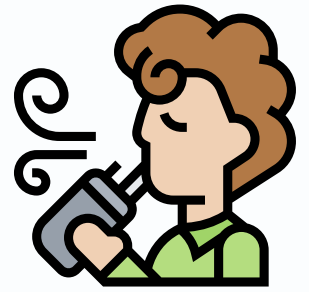


Vaping



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.



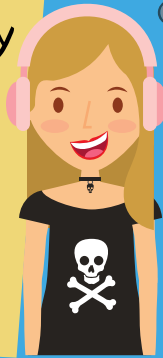
What about vaping and coronavirus?

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

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