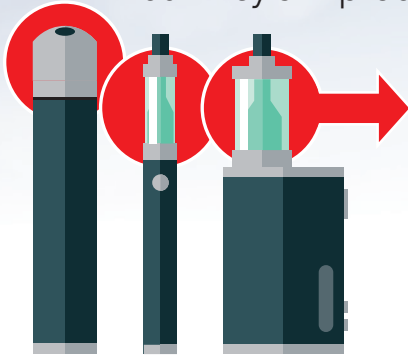


VAPING IS HARMFUL



Vaping is similar to the smoking of cigarettes.

It's called vaping because e-cigs don't produce tobacco smoke, but they still produce a vapor that's not just water – it contains other materials.



Makers of vape pens and "e-juice" (the liquid inside the pen, cartridge, etc.) don't have to tell you what's in them, like:

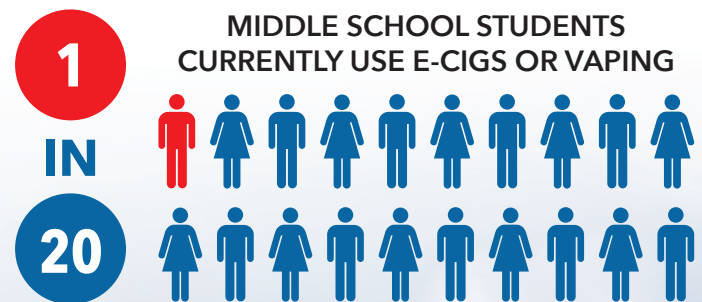
- **Nicotine** (can hurt your brain)
- **Diethylene glycol** (in antifreeze)
- Flavors might have **diacetyl** ("popcorn lung," hurts your lungs)
- Metals like **nickel, tin and lead**
- **Benzene** (found in car exhaust)
- **Other tiny particles** that are inhaled deep into your lungs

Nicotine is found in tobacco plants. It can be very addictive and lead to bad cases of



withdrawals without it. It can also cause your blood pressure and heart rate to go up.

E-CIG USE SURGED DURING 2017-18 AMONG **CHILDREN** OF DIFFERENT AGES:



HELP PREVENT YOUTH VAPING AND E-CIG USE.

Know the risks of e-cigs, talk to youth about these dangers and be nicotine free.

For more information, talk to your doctor or visit www.healthy.arkansas.gov/programs-services/topics/vaping-related-lung-illness