

VAPING FACTS

1. 98% of all vaping products sold in the US —and ALL JUULS—contain nicotine.
2. Nicotine is a highly addictive chemical, which can affect brain development in kids, impacting attention and learning.
3. Each JUUL pod contains 50 mg of nicotine – equivalent to the nicotine in an entire pack of cigarettes – and around 200 puffs.
4. Teens who vape are more likely to smoke traditional cigarettes and use marijuana (American Academy of Pediatrics).
5. Vaping manufacturers are not fully regulated—we don't know what's in vaping devices or vaping liquids.
6. Vaping can cause eye and ear irritation and nosebleeds.
7. Aerosols in vaping liquid enter lungs unfiltered, leaving chemical residue. Some chemicals in vaping liquids are known carcinogens.
8. There have been NO longitudinal studies on the health effects of vaping—our kids are the lab rats.
9. “Dab pens” are vapes used to ingest ultra high-potency THC in oil, wax, or solid form, without the tell-tale marijuana odor.
10. Vaping has been linked to hundreds of cases of severe lung illness, and even death.
11. As of 10/1/19, CT banned the sale of vaping products to anyone under age 21.



Resources if you're concerned about vaping:

Online tips and information, visit www.drugfree.org or www.tpaud.org

Advice on how to quit vaping:

Smokestoppers for Teens, St. Vincent's Hospital (203)576-5451
CT QuitLine 1-800-QUIT-NOW or www.quitnow.net/connecticut

