

Ways to quit include:

Cold Turkey

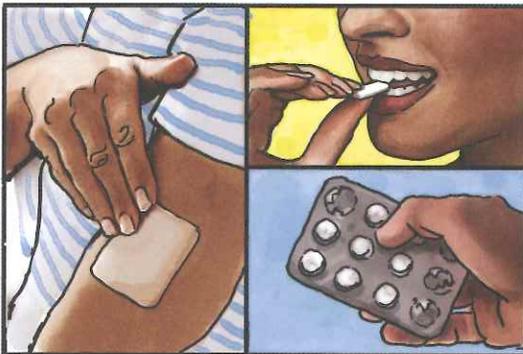
- ▶ Many people stop vaping all at once. If you do, you will likely have some withdrawal symptoms such as anxiety, irritability, dizziness, nausea and trouble with sleep.
- ▶ Withdrawal symptoms tend to improve after 3 or 4 days.

Reduction Method

- ▶ Make a plan to reduce the amount of nicotine you vape each day.
- ▶ Use vapes or vape juice with reduced nicotine content. Continue to lower your nicotine levels. Then stop vaping.
- ▶ If you use flavored vape juice, get a flavor you don't like or go flavorless.

Replacement Approach

- ▶ Nicotine replacement therapy (NRT) includes using nicotine gum, patches or lozenges.
- ▶ Talk to your health care provider to find the best NRT method for you.



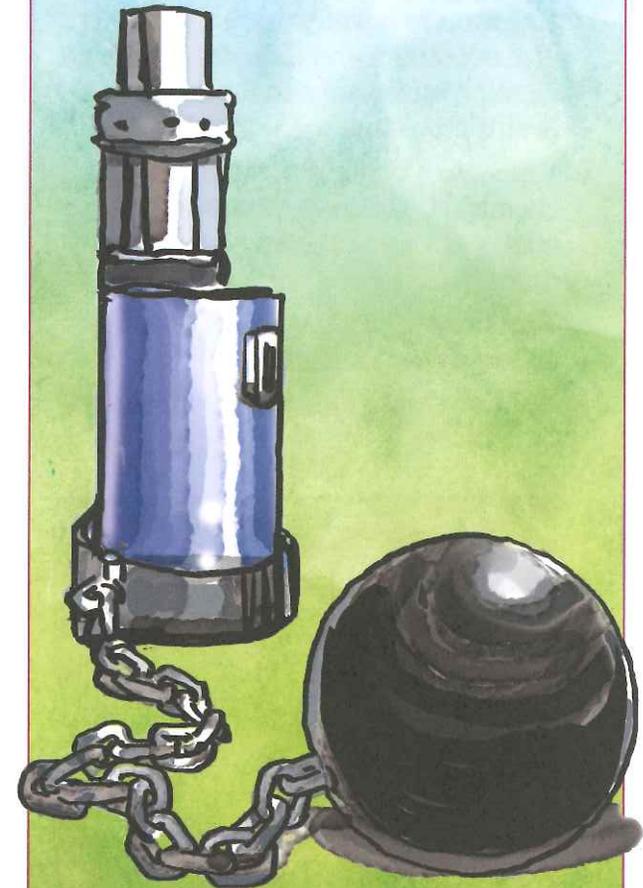
There are plenty of reasons people use vapes. Many think using vapes can help them stop using regular cigarettes. Others may be caught up in the trendiness or think it will help them lose weight. The truth is, vaping is not a healthy habit. Look inside for tips on how to quit vaping.

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

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How to Quit Vaping



You may have started vaping because you thought it was safer than smoking or that it would help you quit smoking. Or, maybe you thought inhaling vapor that tastes like blueberry cheesecake could help you say no to dessert. But now health experts are warning that vaping can harm your health. Here is what you need to know about how to quit.

Think about why you want to quit.

Your reasons might include:

- ✓ Vaping may not help you quit smoking regular cigarettes. It may even make quitting harder.
- ✓ You want to lower your risk for heart disease, stroke and diabetes. Using nicotine raises the risk for all those health problems.
- ✓ Vape juices contain many different chemicals. The long-term health effects of vaping these chemicals are unknown.
- ✓ Vapes can explode without warning and cause serious injuries.
- ✓ You don't want kids to see you vaping.



Make a plan.

- ▶ Pick a quit date and make a plan.
- ▶ Your plan should include how you will deal with cravings and where you will get support when it gets tough.
- ▶ If you also smoke regular cigarettes, make a plan that includes quitting them as well.
- ▶ Remember – plan a reward for yourself for each small success in your quit plan.

Get support.

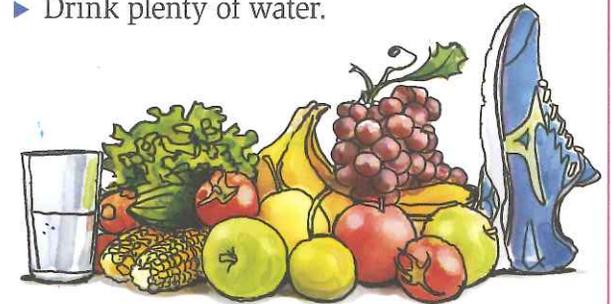
- ▶ Tell your friends and family that you are quitting vaping and ask for their support.
- ▶ Seek out others who have quit or are trying to quit vaping.
- ▶ Look online or in your community for a quit coach or support group. Consider free resources like Nicotine Anonymous.

Plan for your triggers.

- ▶ Certain situations or feelings can make you crave nicotine.
- ▶ Figure out what people, places, feelings, times or actions trigger your urge to vape. If you can, try to avoid those things that trigger cravings.
- ▶ If you can't avoid triggers, think back to your plan.
- ▶ Perhaps your plan includes using gum or mints, or having something to fidget with.
- ▶ Remember, most cravings start to pass within a few minutes.

Focus on healthy habits.

- ▶ Eat lots of fruit and vegetables.
- ▶ Exercise to reduce cravings and boost your mood.
- ▶ Drink plenty of water.

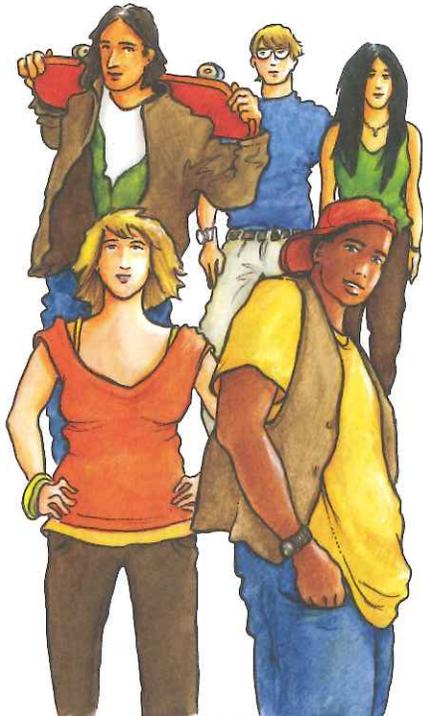


What about nicotine-free vapes?

- ▶ A wide variety of chemicals are used to create vape juice flavors.
- ▶ Early studies suggest that some flavorings can damage the lungs.

8. E-cigarettes make it easier for kids and first-timers to try smoking.

- E-cigarettes come in many flavors. The flavors may make them easier to try.
- Some of the flavors – such as grape, strawberry and fruit punch – look like they are made to attract kids!
- The sweet flavors still have nicotine.
- Once a person gets hooked on the nicotine in an e-cigarette, they may try other tobacco products too.



Are e-cigarettes a safe way to smoke? Look inside to get the facts. To learn more, visit: BeTobaccoFree.gov

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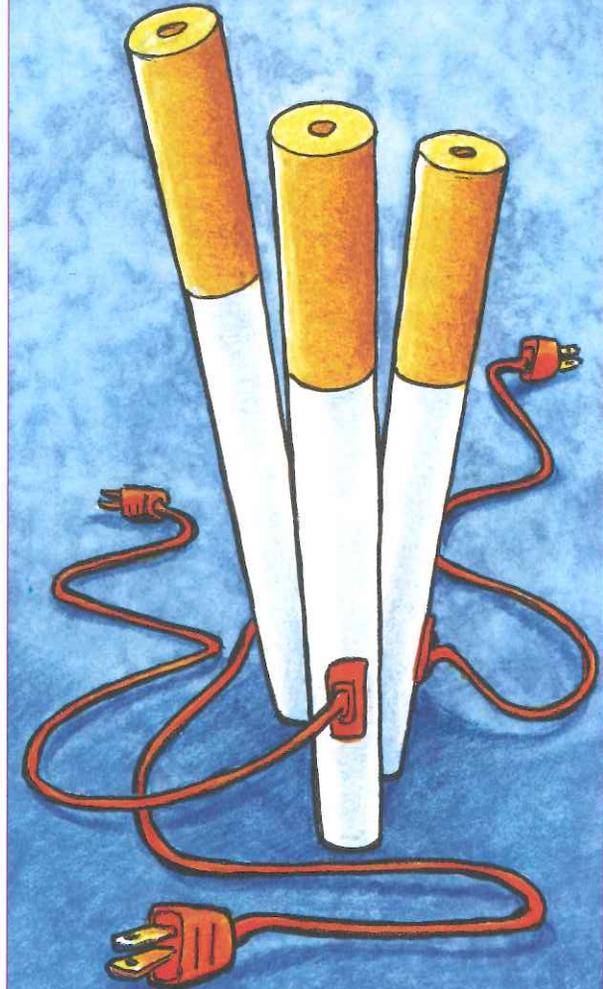
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GET THE FACTS

E-Cigarettes

8 Things Everyone Should Know



NICOTINE IS ADDICTIVE

E-CIGARETTES: 8 THINGS EVERYONE SHOULD KNOW

Many people think that e-cigarettes are a safe way to smoke. But is this really true? Here is what you need to know about e-cigarettes.

1. E-cigarettes (or electronic cigarettes) are battery-operated devices people use to inhale nicotine.

- They often look like regular cigarettes.
- Instead of smoke, the user inhales and exhales a vapor. The vapor comes from heating a liquid.
- The liquid usually has nicotine and other chemicals.



2. Nicotine is not harmless.

- Nicotine is very addictive. Once you get hooked, it is very hard to stop.
- It can harm a person's blood vessels and increase the risk of heart disease.
- Nicotine affects insulin levels in the body. This can be especially harmful for people with diabetes.

3. E-cigarettes contain toxic chemicals.

- Many e-cigarette flavors use a chemical called diacetyl. Inhaling diacetyl can cause serious lung problems.
- Many e-cigarettes have other toxic chemicals as well. Some of them are known to cause cancer.



4. Nicotine poisoning is a risk.

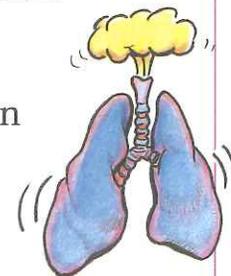
- Liquid nicotine is poisonous when swallowed or absorbed through the skin.
- This puts children and pets at risk.

5. Nicotine levels can vary from brand to brand.

- The nicotine and other chemicals in one brand can be much higher or lower than in another.
- People who use them may not know what they are really getting.

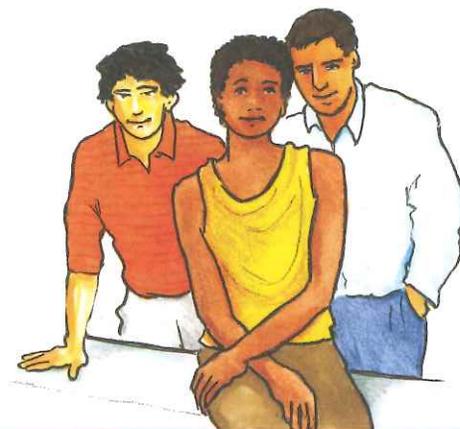
6. The vapor is more than just water.

- The vapor that comes from an e-cigarette is an aerosol mist full of small particles of nicotine and other harmful chemicals.
- When you breathe in or inhale the vapor from an e-cigarette, you are breathing in these chemicals.



7. E-cigarettes can keep you hooked on tobacco.

- Many people think that e-cigarettes can help them quit smoking.
- But in fact, some studies suggest that e-cigarettes may keep smokers hooked.
- They may also cause people who have already quit smoking to start again.



Ads use a sneaky appeal.

- ✓ The ads created to sell pod vapes often use words like “discreet” or “stealthy” to describe their product.
- ✓ Vape pod companies use these words in their ads on purpose – to target young people who may want to hide their vape use.



Pod vapes are designed to hook you.

- ✓ Vape companies know that the flavors, the high-tech look and the small size of pod vapes will appeal to young people.
- ✓ The truth is, these features make it easy for you to get addicted – and give vape companies long-term access to your wallet!

**Don't risk
your good health –
say NO to vaping!**

Pod vapes, such as Juul and others, use sleek, high-tech designs to get your attention. But it's a marketing trick with one purpose – to deliver the addictive drug nicotine. Look inside to learn more about nicotine addiction and the other health risks of using pod vapes.

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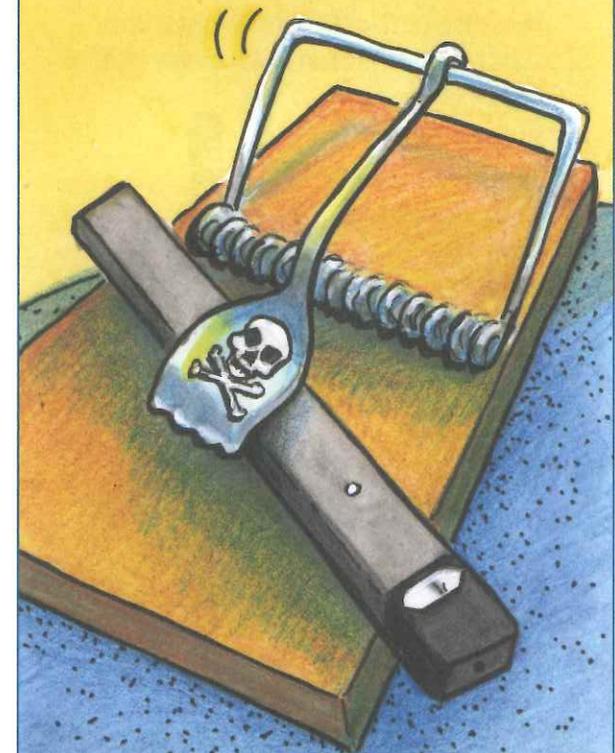
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Pod Vapes

Little Device, Big Problems!



Pod vapes, made by companies such as Juul, Suorin and others, look high tech like a USB drive or a sleek lighter. But did you know that these little devices can lead to big problems?

Pod vapes may be small, but they pack a big punch!

- ✓ Many first-time users try pod vapes because of the flavors. What many don't realize is that with every puff of flavor comes a high dose of nicotine!
- ✓ Nicotine is the addictive drug found in regular tobacco products.



Some pod vapes have as much nicotine as an entire pack of cigarettes!



Pod vapes may be discreet, but addiction is hard to hide.

- ✓ Nicotine changes certain areas of the brain to make you feel like you need the drug. This is addiction.
- ✓ Some new users report feeling hooked on nicotine within days of regularly using a pod vape.
- ✓ Once you get hooked on vaping there is a greater risk of using regular cigarettes or other tobacco products.

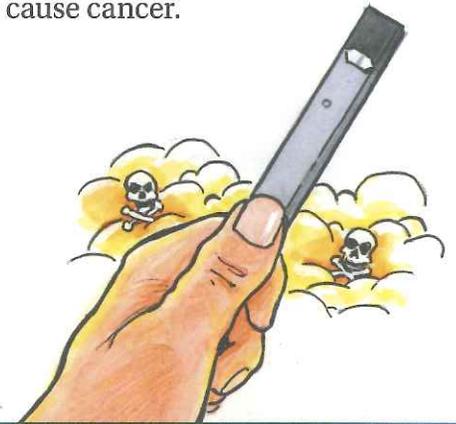
Nicotine is not harmless.

- ✓ Nicotine damages blood vessels and increases the risk of heart disease.
- ✓ Nicotine also affects the development of brain circuits and may increase the risk of mood disorders and problems with impulse control.

Teens are also using vape devices to smoke marijuana. Regular marijuana use as a teen can affect how the brain develops.

Pod vapes have toxins.

- ✓ Many people believe that vaping is not harmful. While vapes don't have tar and some of the other chemicals that regular cigarettes have, they do have toxins that can harm your health.
- ✓ Some of the toxins found in vapes include:
 - **heavy metals** such as nickel, tin and lead.
 - **diacetyl**, a chemical that can cause serious lung disease when inhaled.
 - **ultrafine particles** that can damage lungs.
 - **chemicals** known to cause cancer.



Heavy metals are not normal in the body and can cause serious health problems.

6. Vape companies use which tricks to get young people hooked on vapes?

- A. Flavored nicotine
- B. Ads that make vaping seem cool and safe
- C. Trendy-looking vapes
- D. All of the above

Answer: D. Vaping companies use all of these strategies to make young people want to vape. They care more about getting money than about your health.

*Yummy-Sweet
Vap-O-Treat*

Swagger Puff Vapes

POPULARIT E-CIGS

**SAFE-T-COOL
VAPES MAKE YOU
AWESOME**

7. True or false: Vapes and e-cigarettes can explode.

Answer: True. Many people have been injured and burned from e-cigarette explosions caused by issues with the batteries.

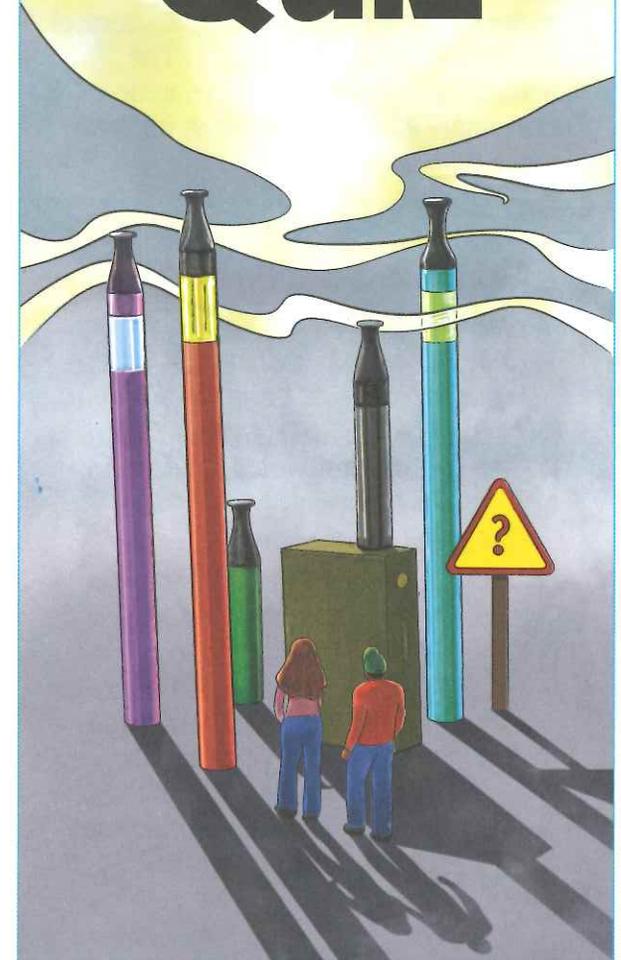
What do you know about vaping and e-cigarettes? Take the quiz and find out what's a myth and what's real. You'll learn about explosions, chemicals and a mysterious disease called popcorn lung. That way, you'll have the facts to help you make up your mind about vaping!

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The Vaping Quiz



Vapes and e-cigarettes are devices that people use to inhale nicotine. Instead of burning tobacco, vapes heat liquid nicotine to make “vapor.” Vape companies say vaping is safe, but is it really? Take this quiz to test your knowledge and get the facts!

1. True or False? The vapor is just water.

Answer: False. The “vapor” that e-cigarettes make is actually an aerosol (a fine mist of tiny particles). The aerosol can contain nicotine, toxic chemicals and heavy metals. It is way more than just water.

2. Which of the following is true about nicotine?

- A. Nicotine is a drug. It is as addictive as cocaine or heroin.
- B. Nicotine affects your heart rate, blood vessels and brain development.
- C. Nicotine is safe.
- D. Liquid nicotine is poisonous when swallowed or absorbed through the skin.

Answer: A, B and D. Nicotine in any form is addictive and bad news for your health. There are safety issues too! Reports of children and pets poisoned by liquid nicotine are on the rise.



3. The liquid used in vapes can contain which of the following?

- A. Formaldehyde
- B. Nickel
- C. Acetaldehyde (a chemical used in paint stripper)
- D. All of the above

Answer: D. People who vape may be inhaling all of these chemicals as well as others. Some are known to cause cancer.

4. Vaping can lead to which of these health issues?

- A. Asthma attacks
- B. Popcorn lung
- C. Lung and throat irritation
- D. All of the above

Answer: D. Vaping can lead to all these health problems. (Popcorn lung is a lung disease. It was first seen in workers at a popcorn factory who got sick after breathing the dust of a flavoring chemical. That same flavoring is used in many vapes.)

5. True or False? Vaping helps people quit smoking tobacco.

Answer: False. There is no evidence that vaping helps people quit smoking. If it did, vapes would be approved quit-smoking aids. Nicotine is addictive, and many smokers find they just trade one habit for another.

ADDICTIVE
means you feel
like you need
nicotine, and may
feel sick without it.
Not fun!

