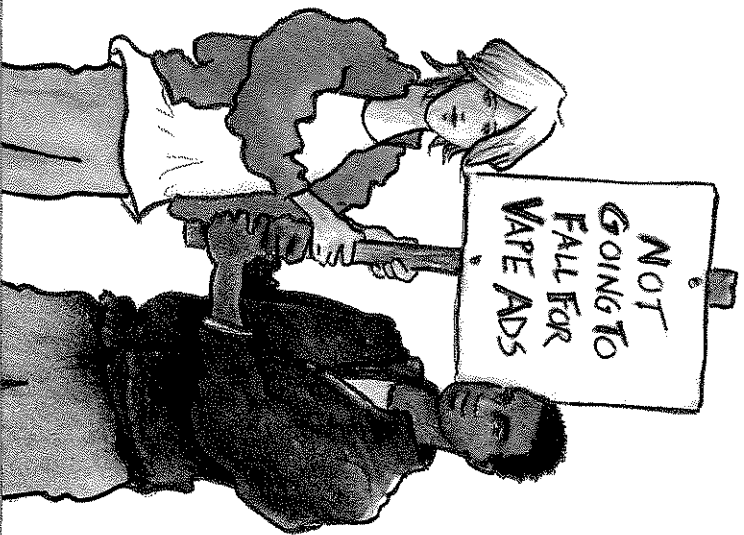


## There's a reason cigarette ads were banned from TV.

- They lured people into using a dangerous product.
- Vape ads are trying the same tactics.
- Are you going to let a sexy star or a cool car fool you?

## The freebies aren't really free.

- Companies give out free e-cigs at big events.
- They know they'll get their money back...once you're hooked.



Vape pipes, hookahs pens and e-cigs may seem cool. Think again. They're just a new way to addict people to nicotine. Don't get hooked. See through the vapor to the truth about 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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## The Truth About Vaping, E-Cigs and Hookah Pens





Have you heard of vape pens, e-hookahs and hookah pens? Did you know these are all types of e-cigarettes? Did you know that most of them have nicotine – and you can get hooked? But even those without nicotine may be harmful. Get the facts.

## Vapes are battery-operated devices that mimic smoking.

- They include vape pens, e-hookahs, e-cigarettes, mods, tanks and personal vaporizers.
- They all give off a vapor, which is inhaled and exhaled like smoke.
- Most have nicotine, though some are sold as nicotine-free.
- They are sometimes used to smoke marijuana oil or other drugs.

## Nicotine is an addictive drug.

- Once you start using nicotine, it's hard to stop.
- Nicotine can affect your heart rate and blood pressure. It can affect insulin levels too. It may lead to heart disease.

## Other chemicals in vapes may harm your health.

- All vapes, even those with no nicotine, have other chemicals in the liquid and flavors. Many do not list their ingredients.
- These liquids have not been tested enough to know the health risks. You do not know what you are inhaling or how harmful it might be.

## Vaping will cost you money.

- Some vapes are disposable, so you have to keep buying them.
- With others you need to replace the batteries, liquid and chargers.
- Is that really how you want to spend your cash?

## Vapes are designed to seem cool.

- Really? There's nothing cool about risking your health.

## Sweet flavors make it easy for young people to try.

- Vape juice comes in flavors like bubble gum, chocolate and cherry.
- Some have nicotine and some say they do not (so minors can buy them).

