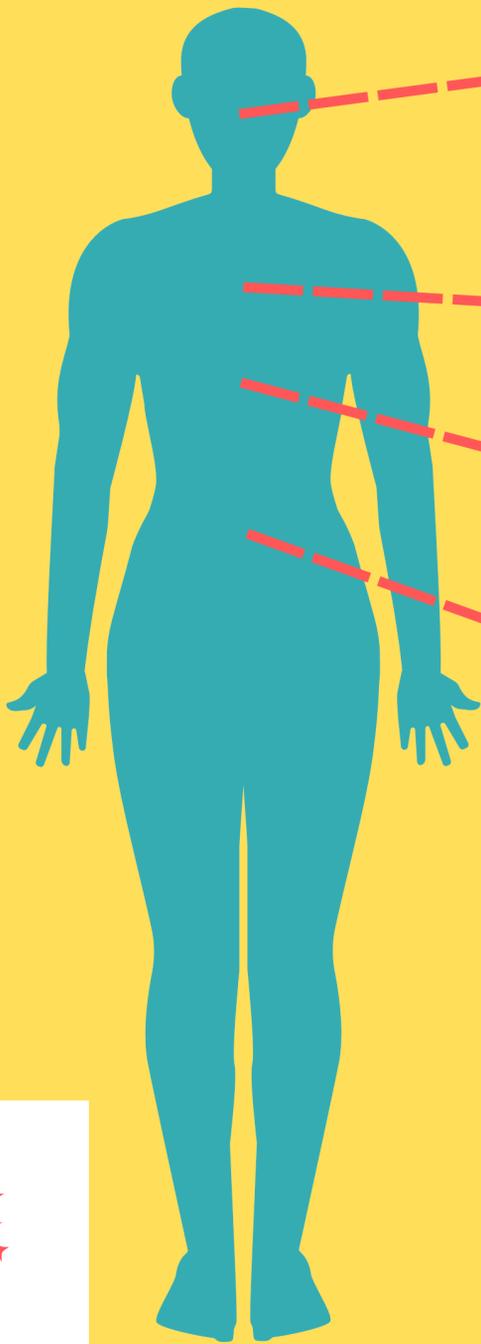


# WHAT'S AT STAKE WHEN YOU VAPE?

## EFFECTS OF VAPING ON YOUR BODY

Vaping is not safe. Certain chemicals that are released into your lungs can cause lung disease, heart disease, and cancer.



- Headache
- Dizziness
- Trouble sleeping
- Difficulty concentrating



- Restricted airways
- Inflammation
- Cough



- Chest pain
- Increased heart rate
- Increased blood pressure



- Vomiting
- Nausea

## DID YOU KNOW...



What you're breathing when you vape is NOT VAPOR.

In reality, you're inhaling ultrafine chemical particles.

These particles are small enough to bypass your body's natural defense systems and settle deep in your lungs.

## WHAT IS NICOTINE? ✨

Nicotine is a chemical from the tobacco plant that is found in most vaping products.

It is **highly addictive** and can harm the parts of your brain that regulate mood, attention, learning, and impulse control.



## DON'T LET VAPING MESS WITH YOUR MENTAL HEALTH.

Think vaping is helping you cope? Here are the facts.

- Nicotine throws off the natural balance of important neurotransmitters in your brain, like **dopamine** and **serotonin**.
- Over time, vaping nicotine can trigger changes in your brain structure that can lead to feeling **depressed, stressed, and anxious**.

With every hit, these feelings can get worse.



LEARN MORE AND GET HELP QUITTING:

[TEEN.SMOKEFREE.GOV](https://teen.smokefree.gov), [SNOHD.ORG/VAPING](https://snohd.org/vaping), [TRUTHINITIATIVE.ORG/THISISQUITTING](https://truthinitiative.org/thisisquitting)