WHAT ARE SOME WARNING SIGNS OF VAPING?

- Artificial smells from behind closed doors like candy, popcorn, vanilla, mint or fruit flavoring.
- School supplies or tech products that you don't recognize in kids' backpacks or rooms.
- Unfamiliar charges on credit card statements.
- Changes in kids' behavior such as increased mood swings, irritability, anxiety, or impulsivity.

HOW DO I PROTECT MY FAMILY?

- Don't leave vape products or e-liquids within reach of children or pets.
- Pregnant and breastfeeding women, children, and teens should never vape or be exposed to the aerosol due to the harm nicotine can cause to youth brain development.
- Don't let anyone vape in your home or car.
- Talk to your kids about the dangers of vaping and nicotine.
- Ask school staff about their tobacco-free policy and their approach to teen vaping, and voice your concerns at Parent Teacher Student Association or school board meetings.
- Support policies that restrict where vaping is allowed and where vape products are sold.

FREE HELP TO QUIT VAPING

If you or a family member use vapes or other tobacco products, free help to quit is available.

California Smokers' Helpline

Call 1-844-8-NO-VAPE

or text QUIT VAPING to 66819

For more information, visit
www.flavorshookkids.org

PROTECT YOUR FAMILY FROM E-CIGARETTES

THE FACTS YOU NEED TO KNOW ABOUT VAPING

THE FACTS ABOUT VAPING

WHAT ARE E-CIGARETTES AND VAPES?

- E-cigarettes, often called "vapes," are devices that use a battery to heat a liquid nicotine solution. The heated solution creates an aerosol that is breathed into the lungs.

- Vapes come in many shapes and sizes that don't look like cigarettes. Some use pre-filled nicotine pods. Others have tanks that can be refilled.

- The liquid solution, called "e-liquid" or "e-juice," can contain nicotine, flavorings, and other chemicals. Under California law, all vaping products are considered tobacco products, whether or not they contain nicotine.

- Some vape devices can be used to smoke marijuana and hash oil.

WHY ARE THEY DANGEROUS?

- Vapes and e-liquids come in sweet fruit and candy flavors that appeal to teens and young adults. Flavors make it easier to start vaping. There are over 15,000 flavors of e-liquids available. These include Menthol, Mango Mint, Rocket Pop, and Glazed Donut to name a few.

- Many people don't realize vapes contain nicotine, which is highly addictive. One vape pod can contain as much nicotine as up to two packs of cigarettes.

- Nicotine can rewire a teen's developing brain. It can increase anxiety, mood swings, and learning difficulties.

- Vaping has been linked to serious breathing problems that can require a breathing machine and hospitalization.

- Secondhand aerosol from vapes may also hurt others. Secondhand aerosol contains nicotine, ultrafine particles, and low levels of toxins that are known to cause cancer.

- Children and adults have been poisoned by swallowing, breathing, or absorbing e-liquids through their skin or eyes.

ARE VAPES SAFER THAN REGULAR CIGARETTES?

- No. There is nothing safe about vaping. The aerosol from vaping is not water vapor. It contains metals, particulates, and harmful chemicals.

- Vapes are just as addictive as regular cigarettes, and vape users are more likely to start using regular cigarettes or other drugs.

- Defective vape batteries have caused fires and explosions, some resulting in serious injuries.

HOW ARE TEEN GETTING VAPES?

- Clerks at tobacco shops, vape stores, gas stations and convenience stores may not comply with the Tobacco 21 age of sale law.

- Website age gates are easily bypassed, and teens may use an adult's personal information for shipping.

- Teens are buying and selling pods, and even single hits, in schools.

- Friends or family members provide vapes to teens.