

VAPING

MYTHS & REALITIES

MYTH: Vaping produces a harmless water vapor.

REALITY: VAPING PRODUCES AN AEROSOL THAT HAS NICOTINE, harmful chemicals, and toxins known to cause cancer.

MYTH: Vaping isn't addictive.

REALITY: NICOTINE IS A POISON AND A HIGHLY ADDICTIVE DRUG. Nicotine is one of the main ingredients in all types of vaping devices and tobacco products.

LEAD
(TOXIC METAL)

ARSENIC
(POISON)

FORMALDEHYDE
(USED TO PRESERVE DEAD BODIES)

BENZENE
(FOUND IN CAR EXHAUST)

FOR FREE HELP QUITTING:

kickitca.org

NICKEL
(HEAVY METAL)