

# #legalNOTsafe

## VAPING

...know the facts

A small device  
with **BIG** risks.

Nicotine is **ADDICTIVE**

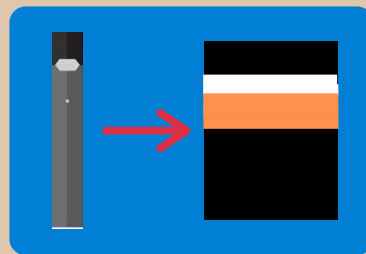
Cigarettes and vapes **both** have nicotine.

Most vapes contain nicotine even the ones **advertised** as nicotine-free.



Nicotine can harm  
**developing** brains.

Vape juice & e-liquids  
contain **harmful substances**  
like heavy metals &  
cancer-causing agents.



You are **4X** more  
likely to smoke  
**cigarettes** if you vape.

It's **NOT** harmless water vapor

Serious **lung injury** has been associated  
with vaping/e-cigarette use nationwide.

For help  
QUITTING  
contact the Illinois  
Tobacco QuitLine  
**1-866-QUIT-YES**  
1-866-784-8937  
[www.quityes.org](http://www.quityes.org)



Winnebago County

**Health Department**

(815)-720-4000 | [www.wchd.org](http://www.wchd.org)



Handout updated 11/27/19  
Sources: <https://www.thetruth.com/categories/vaping/fact>  
[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/about-e-cigarettes.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html)  
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