

What to Know About VAPING



Causes of VALI

- THC products of unknown sources
- Vitamin E acetate: an additive
- Other components:
 - Nicotine
 - Flavoring additives
 - Heavy metals



The Danger for Teens

- Packaging & ads directed at teens
- Those who vape are more likely to smoke
- 66% of teens think products only contain flavoring
- Lungs are not the only affected organs
- Affects maturing brains up to 25 years of age

How to Know if Your Teen is Vaping

- Spending more money than usual
- Cough, chest pain, fevers, low appetite, weight loss, diarrhea, recurring pneumonia
- Change in activity or exercise
- Nosebleeds, dry mouth and increased thirst
- Unable to taste food
- Sweet smell in room that quickly goes away
- Charging devices or vape units (may look like thumb drives)



Talk to Your Teen

- Use information from the U.S. Surgeon General or CDC to educate yourself
- Be conversational
- Avoid accusatory tone
- Treat them as an adult



Tips For Vape Device Users

- Never use vaping products from unknown sources
- Do not tamper with cartridges or fluid chambers
- Vaping is not a safer long-term alternative to smoking
 - Adults who use it as a cessation tool should set a quit date to avoid excessive use