IF YOU'VE HEARD VAPING IS SAFE, YOU'VE HEARD WRONG.

1 JUUL POD = 20 CIGARETTES

One JUUL pod contains as much addictive nicotine as a pack of cigarettes. Nicotine exposure during adolescence can harm the brain.²

NOT JUST STEAM AND FLAVORING

E-cigarettes contain nicotine and toxic chemicals, including acetaldehyde, acrolein and formaldehyde, that can cause lung and cardiovascular disease.³

1-800-QUIT-NOW
1-800-784-8669
North Carolina Tobacco Use Quitline

- Trained Tobacco Cessation Coaches - English and multiple languages
- Coaches can call back upon request
- Toll-free number 1-800-QUIT-NOW (1-800-784-8669)
- 8 a.m. – 3 a.m. / 7 days a week
- Free for all North Carolinians – Youth & Adult
- TTY 1-877-777-6534
After One Year

May Lead To Combustible Cigarette Use

Baseline

Among Youth

E-cigarettes smoked but did use

Adults who never

Students and Young

High School

We're more likely to

Use Cigarettes or

Combustible tobacco

JAMA Pediatrics 2015

Primmack BA, Sorenji S, et al.

Kirkpatrick MC, et al.

Leventhal AM, Strong