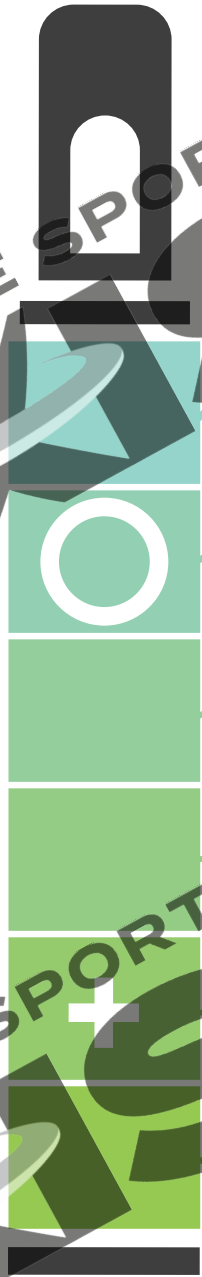


VAPING: WHAT YOU NEED TO KNOW

E-LIQUID INGREDIENTS



Nicotine

- E-Liquids may have more nicotine than a pack of cigarettes
- Raises blood pressure, heart rate and adrenaline levels
- Increases likelihood of having a heart attack

Artificial Flavorants

Propylene Glycol & Vegetable Glycerin

- Toxic to lungs

Possibly THC and CBD

Multiple Types of Aldehydes

(formaldehyde, benzaldehyde, acrolein, etc.)

Harmful Metals

SYMPTOMS OF VAPING

- Long term side effects are largely unknown
- Short term effects can include:



IMPAIRED
LUNG FUNCTION



DRY THROAT &
CHRONIC COUGH



WEAKENED
IMMUNE SYSTEM

34.5%

OF HIGH SCHOOLERS
REPORTED VAPING IN 2020

