

# Don't Let Vaping Cloud Your Judgement

## 1 It's Addictive

The nicotine in vapes is just as addictive as the nicotine in cigarettes. Chronic users can begin to experience withdrawal effects like headaches, nervousness, and trembling as soon as 30 minutes after last use.

## 2 It Can Lead to Cigarette Usage

People who vape are more likely to begin smoking cigarettes, resulting in a heightened risk of heart disease and various cancers.

## 3 It Affects Others Around You

People exposed to secondhand vapor can experience the same harmful effects as the person vaping.

## 4 There's a Lot We Just Don't Know

Vaping is a new technology, the long-term effects of which we still don't fully understand. Why be a guinea pig?

## 5 It Stunts Brain Development

Nicotine can negatively impact brain development, which continues through peoples' mid-twenties.

## 6 It's Carcinogenic

Vapes contain many of the same chemicals in cigarettes that have been linked to cancer.