

6. Vape companies use which tricks to get young people hooked on vapes?

- A. Flavored nicotine
- B. Ads that make vaping seem cool and safe
- C. Trendy-looking vapes
- D. All of the above

Answer: D. Vaping companies use all of these strategies to make young people want to vape. They care more about getting money than about your health.

*Yummy-Sweet
Vap-O-Treat*

Swagger Puff Vapes

POPULARIT E-CIGS

**SAFE-T-COOL
VAPES** *MAKE YOU
AWESOME*

7. True or false: Vapes and e-cigarettes can explode.

Answer: True. Many people have been injured and burned from e-cigarette explosions caused by issues with the batteries.

What do you know about vaping and e-cigarettes? Take the quiz and find out what's a myth and what's real. You'll learn about explosions, chemicals and a mysterious disease called popcorn lung. That way, you'll have the facts to help you make up your mind about vaping!

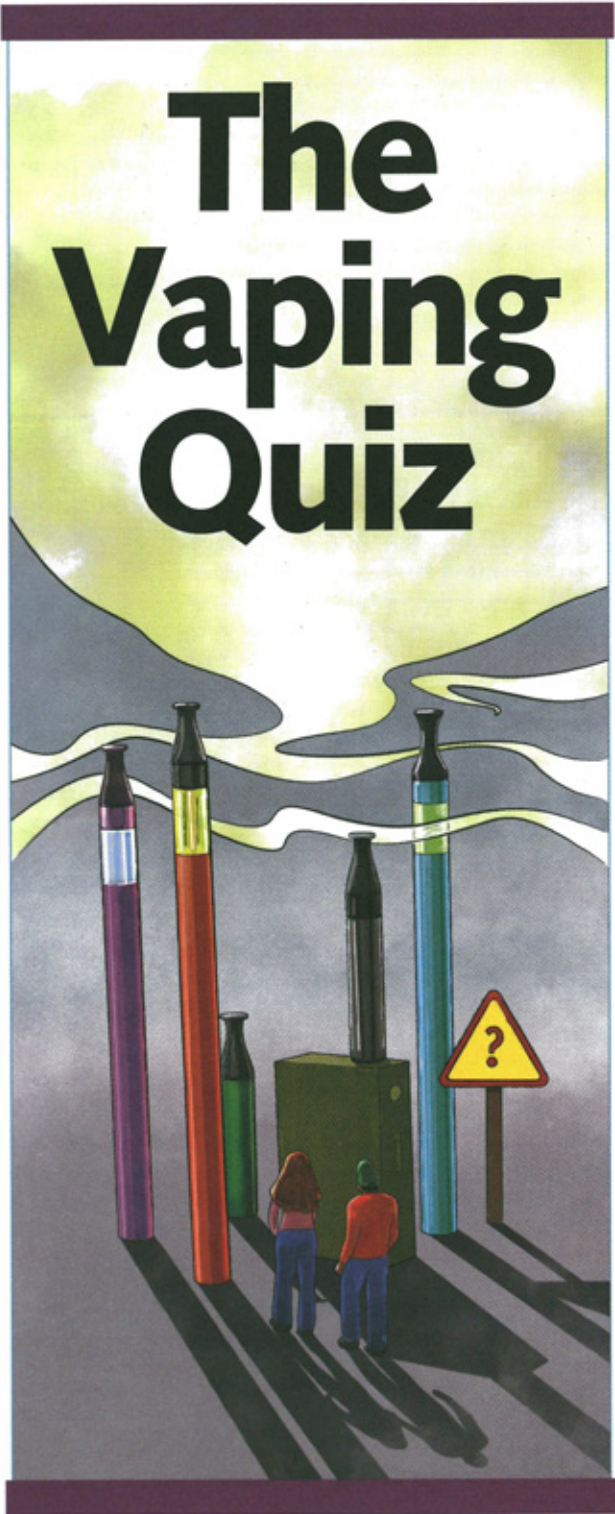
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This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

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Vapes and e-cigarettes are devices that people use to inhale nicotine. Instead of burning tobacco, vapes heat liquid nicotine to make “vapor.” Vape companies say vaping is safe, but is it really? Take this quiz to test your knowledge and get the facts!

1. True or False? The vapor is just water.

Answer: False. The “vapor” that e-cigarettes make is actually an aerosol (a fine mist of tiny particles). The aerosol can contain nicotine, toxic chemicals and heavy metals. It is way more than just water.

2. Which of the following is true about nicotine?

- A. Nicotine is a drug. It is as addictive as cocaine or heroin.
- B. Nicotine affects your heart rate, blood vessels and brain development.
- C. Nicotine is safe.
- D. Liquid nicotine is poisonous when swallowed or absorbed through the skin.

Answer: A, B and D. Nicotine in any form is addictive and bad news for your health. There are safety issues too! Reports of children and pets poisoned by liquid nicotine are on the rise.



3. The liquid used in vapes can contain which of the following?

- A. Formaldehyde
- B. Nickel
- C. Acetaldehyde (a chemical used in paint stripper)
- D. All of the above

Answer: D. People who vape may be inhaling all of these chemicals as well as others. Some are known to cause cancer.

4. Vaping can lead to which of these health issues?

- A. Asthma attacks
- B. Popcorn lung
- C. Lung and throat irritation
- D. All of the above

Answer: D. Vaping can lead to all these health problems. (Popcorn lung is a lung disease. It was first seen in workers at a popcorn factory who got sick after breathing the dust of a flavoring chemical. That same flavoring is used in many vapes.)

5. True or False? Vaping helps people quit smoking tobacco.

Answer: False. There is no evidence that vaping helps people quit smoking. If it did, vapes would be approved quit-smoking aids. Nicotine is addictive, and many smokers find they just trade one habit for another.

ADDICTIVE
means you feel like you need nicotine, and may feel sick without it.
Not fun!

