

# KNOW VAPE

## KNOW THE SYMPTOMS OF NICOTINE ADDICTION

### UNDERSTAND THE DANGERS OF NICOTINE

Nicotine is a highly addictive substance that enters the body when vaping. Nicotine exposure can affect the development of the brain, causing changes in attention span, learning, and memory; rewiring the brain to crave more nicotine; and leading to addiction.

### KNOW THE SYMPTOMS OF NICOTINE ADDICTION:



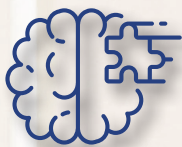
**TROUBLE CONCENTRATING**

**TROUBLE SLEEPING**



**ANXIETY**

**DEPRESSION**



**CRAVINGS WHEN TRYING TO STOP**

