

# KNOW VAPE

KNOW the dangers of YOUTH vaping.

# VAPING IS NOT HARMLESS

Because vape devices are so new, scientists are still learning about the long-term health effects of e-cigarettes and vape use. What we do know is this: the majority of vape devices contain nicotine, which is highly addictive and can harm adolescent brains. Vaping is known to damage airways and lungs and have adverse effects on bone development in young people. Not convinced? Consider the known side effects of vaping:

- DEPRESSION
- MOOD SWINGS



POOR DECISIONS



- VOMITING
- DIZZINESS



COUGHING



- HEADACHES



LACK OF CONCENTRATION



- CHEST-LUNG PAIN



SHORTNESS OF BREATH WHEEZING



- FAINTING
- LONG-TERM HEALTH ISSUES



POISONING

