

THE DANGERS OF VAPING

93.5% of our HSC students
choose not to use harmful
vape products (NCHA, 2022)

DID YOU KNOW?

“Each vape
contains 20
cigarettes worth
of nicotine”

(Prochaska et al., 2022)



References

- [Nicotine delivery and cigarette equivalents from vaping a JUULpod](#)
- [Health Issues - What's the Harm?](#)

Vape products include:

- Aerosols with 31 chemicals that each affect a different part of the body like your lungs, brain, and muscles.
- Heavy metals in the vape vapor that build up in your blood and organs, causing further damage.
- Exploding batteries that can cause skin burns.

Vaping causes excessive damage like:

- Coughing, wheezing, asthma attacks, and shortness of breath
- Harmful effects on parts of the brain that control learning, attention, and impulsivity.
- Nose, eyes, and throat irritation, as well as headaches from volatile organic compounds.

Scan to see if you are experiencing the
symptoms of vaping addiction.



Thinking of quitting your vape?

Scan the QR code and save
the page for when you are
ready to make that plan.



Ready to quit? Use this checklist to stay on track!

1. Create your quit plan
2. Get rid of vapes and reminders
3. Ask for help from a health care professional like those at our HSC Student Health Clinic
4. Practice saying, “no thanks” to situations or persons asking if you want to vape
5. Build your supportive network that will help you remain accountable
6. Check your routine for triggers or anticipations for a “vape break”
7. Plan feel-good, coping activities

Plan for cravings:

Some strategies to cope with cravings can be:

- Drinking a glass of water.
- Eating something crunchy, like carrots, apples, or sunflower seeds.
- Taking 10 deep breaths.
- Getting some exercise.
- Going to a place where vaping isn't allowed (e.g. a movie theater).

Healthy ways to cope without the vape:

- Take care of yourself. Eat healthy, get plenty of sleep, and drink lots of water.
- Take a break. Sometimes all you need is a “time out” from an upsetting or stressful situation in order to calm down.
- Turn to people who care about you to celebrate successes and lift you up when you're feeling down.

Want to support a friend?
Scan for more information

