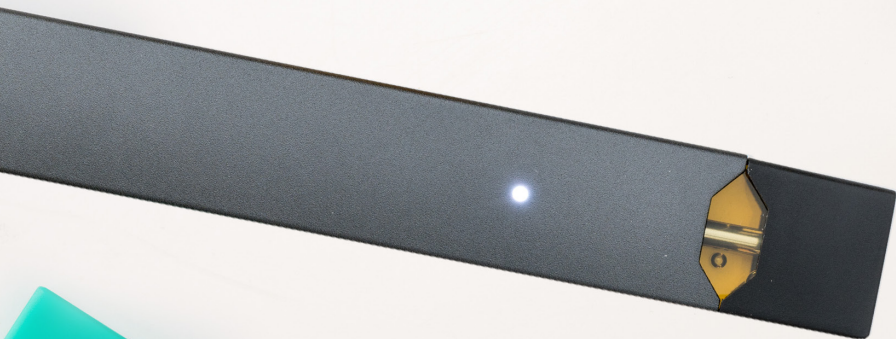


JUULING IS FOOLING YOURSELF

ONE JUUL POD = 200 NICOTINE PUFFS = 1 PACK OF CIGARETTES



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JUULing is just another way to risk lung disease and cancer

The facts:

- Don't be fooled, fruit flavorings only mask the chemicals in vapes.
- JUUL smoke isn't just vapor. It's actually an aerosol that contains many harmful ingredients, including nicotine and heavy metals such as nickel, tin, lead and other cancer-causing chemicals.
- Nicotine impairs brain development up to age 25, decreasing the ability to focus and pay attention.
- E-cigarette use increases risk of becoming a regular cigarette smoker among youth and young adults.

There's nothing cool about JUULing up your health

Stay In The Know by visiting [stayintheknow.org/tobacco](https://www.stayintheknow.org/tobacco)

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