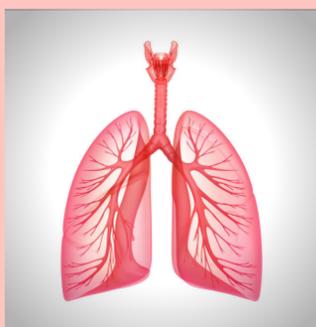


5 REASONS WHY NOT TO VAPE



To Prevent Serious Lung Illness

An ongoing outbreak of severe lung disease is causing serious illness in Connecticut and most of the US. Patients are being put on ventilators to help them breathe. The common link in all cases is vaping and e-cigarette use. In some states, deaths have occurred.



To Prevent Harm to your Body

E-cigarette aerosol inhaled deep into your lungs can contain cancer-causing chemicals, heavy metals, and ultrafine particles that can harm not only your lungs but the rest of your body.



To Prevent Brain Changes

Nicotine and other drugs (like THC) can cause structural changes to your brain.

Prolonged nicotine use results in the need for billions of nicotine receptors in your brain to be continuously activated, otherwise withdrawal symptoms occur, such as irritability, anxiety, depressed mood and difficulty sleeping.



To Keep you from Using Other Drugs

Nicotine and alcohol can prime your brain to want different types of substances which have their own set of health risks, such as opioids, cocaine, and meth.



To Be a Good Friend

One of the primary reasons young adults start using vapes and e-cigarettes is because their friends use them. Be a good friend and do not share your vapes or use them around your friends.

For more information on the dangers of e-cigarette use, visit this site!

Learn more at https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html