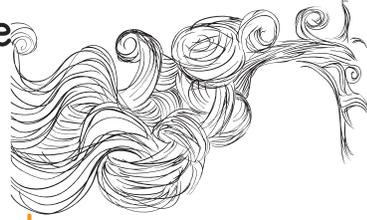


# THE SCARY FACTS ABOUT E-CIGS, VAPING, AND JUULING

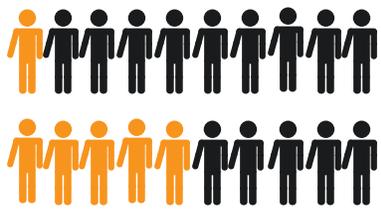
Electronic cigarettes (e-cigarettes) are battery-powered devices that deliver nicotine and flavorings in the form of aerosol. It's considered **THIRDHAND SMOKE**, which is dangerous to children and pets because it remains on surfaces and dust even after the vapor and aerosol are gone.



A new e-cigarette, called **JUUL**, is shaped like a USB flash drive and is being used by students.

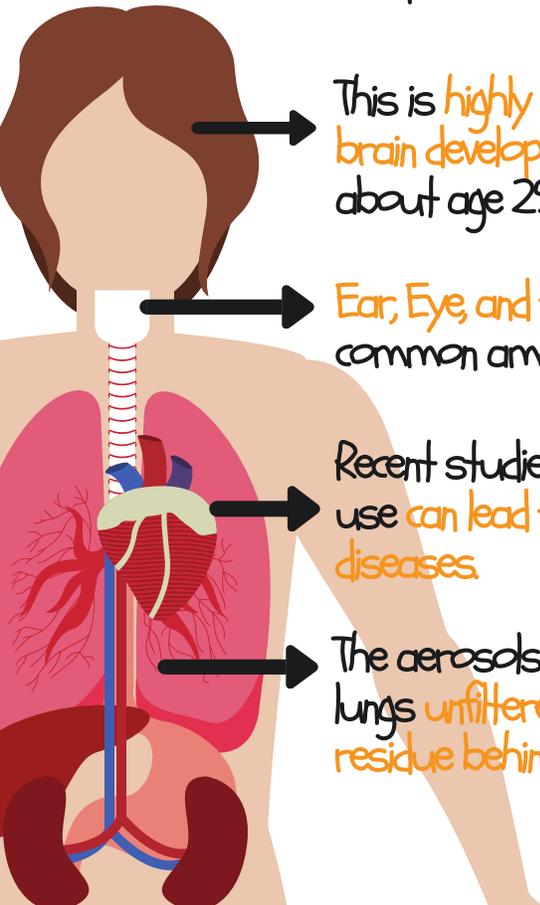


JUUL's nicotine liquid refills are called "pods" and are available in 1,000s of flavors. **ONE JUUL pod** contains as much nicotine as **A PACK of 20 regular cigarettes**.



According to 2017 data, **one out of 10 GFPS middle school students** and **HALF of high school students** have used an electronic vapor product.

The **aerosol** can contain harmful substances, including **cancer-causing chemicals** and **heavy metals**.



This is **highly addictive** and can **harm brain development**, which continues until about age 25.

**Ear, Eye, and throat irritation** are common among users.

Recent studies suggest that e-cigarette use can lead to **cardiovascular diseases**.

The aerosols produced enter into the lungs **unfiltered** and **leave chemical residue behind**.

What are the **consequences** when students are caught?

- + Citation and fine from the Grand Forks Police Department
- + 6-week suspension from interscholastic contests/ activities for first offense
- + Suspension or expulsion from school



Information courtesy the U.S. Department of Health and Human Services Centers for Disease Control and Prevention and the Division of Adolescent Medicine at Stanford University.

If you use tobacco, it's never too late to quit. **Reach out and call 1-800-QUIT-NOW.**

