



Artwork by Rutherford B. Hayes High School student Kass Pollock

YOUTH ARE THE TARGET
ARE YOU READY TO QUIT VAPING?

MY LIFE MY QUIT™

Free Ohio Quitline **1-855-891-9989** Call or Text
Visit mylifemyquit.com

- Launched July 1, 2019, to address vaping and tobacco cessation
- Coaches trained to address teen quit needs
- Five coaching sessions via live text messaging or by phone on a dedicated toll-free number (1-855-891-9989) or online chat
- Dedicated teen website at mylifemyquit.com
- On-going text messages for encouragement
- Certificate of program completion

UNITE TO FIGHT VAPING

1 Juul pod = 20 cigarettes

Flavors are **NOT natural**. Created by a combination of chemicals, flavors are designed to be the hook; nicotine then becomes the need.

It's not just water vapor! There's usually very little water in vape liquid. The liquid is mostly made of oils and **flavored chemicals** that may not be safe to inhale.

Nicotine is highly addictive!

Nicotine rewires your brain, affecting learning memory, focus and emotions. If you vape, you're **4x more likely to start smoking**.

CDC has identified **vitamin E acetate** as a chemical of concern among people with e-cigarette, or vaping, product use associated lung injury (EVALI).

Juul and the vape companies spend **BILLIONS** every year to target teens, minorities, LGBTQ+, and others to hook them for life.

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For more information visit:

DelawareHealth.org/tobacco-free-delaware-county