



# I DON'T VAPE

## USEFUL INFORMATION

Is a disposable vape worse to use than other vapes?

- There is no such thing as a 'better' vape. The Real Cost campaign shared that all products with nicotine can harm your health. This includes cartridge-based vapes and disposable vapes. Research shows that nicotine disrupts brain development. Most, but not all, vapes contain nicotine. That can have lasting effects on attention, learning, and memory.
- All vapes contain e-liquids that are primarily made from propylene glycol and glycerol. When these two chemicals are heated together, they break down into chemicals - formaldehyde, acetaldehyde, and free radicals - known to cause lung damage and breathing difficulties.

## USELESS TRIVIA

- No number from 1 to 999 includes the letter 'a' in its word form.



- The opposite sides of a die will always add up to seven.



- If you open your eyes in a pitch-black room, the color you'll see is called "eigenrau."

# I NEED MY LUNGS TO LAUGH

## HELPFUL LINKS:

- [Know the Risks \(bit.ly/3p4Vv6Z\)](http://bit.ly/3p4Vv6Z)
- [E-Cigarettes: Facts, Stats and Regulations \(bit.ly/2NdfMtF\)](http://bit.ly/2NdfMtF)