HOW IS VAPING AFFECTING ME?

I thought vaping was safe.

Nicotine, the addictive substance in vape juice and cigarettes, can make it harder to cut back or stop vaping.

Research shows young people who vape are more likely to start smoking cigarettes.

Do I depend on vaping?

☐ Vaping is impacting me and/or those around me.

☐ When I don’t or can’t vape, I feel irritable, restless, anxious, sad, or tired.

☐ I can’t go for a day without vaping.

☐ I have thought about vaping less or quitting.

If you answered “yes” to any of these items, you may want to ask for help about vaping issues.

Here’s where to find help:

- FOUNDRY
  WHERE WELLNESS TAKES SHAPE

- VGH Smoking Cessation Clinic

- quitnow.ca 1-877-655-2233

bit.ly/2Pn7K2P

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