

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?	
<input type="checkbox"/>	Vaping is impacting me and/or those around me.
<input type="checkbox"/>	When I don't or can't vape, I feel irritable, restless, anxious, sad, or tired.
<input type="checkbox"/>	I can't go for a day without vaping.
<input type="checkbox"/>	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:

· F O U N D R Y ·
WHERE WELLNESS TAKES SHAPE

**VGH Smoking
Cessation Clinic**

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quitnow 
1-877-455-2233



bit.ly/2Pn7K2P