

Tobacco and E-Cigs

GET THE FACTS

What happens when you use tobacco or nicotine products?

When you use tobacco or nicotine products, you take harmful and addictive chemicals into your body.

Can you get addicted?

Yes. Nicotine found in tobacco products and e-cigs is very addictive. Nicotine can change your brain to make you crave more of it.

I thought e-cigs didn't have nicotine, just water and flavoring?

E-cigs contain nicotine, as well as other chemicals that are harmful to your lungs and the rest of your body.

Aren't e-cigs safer than cigarettes?

Scientists think that e-cigs might be less harmful than cigarettes in some ways, but the nicotine in e-cigs is toxic and addictive and there's more nicotine in e-cigs than in cigarettes.

Can you die if you use tobacco or nicotine?

Yes. Tobacco use is the leading cause of preventable death in the U.S.

TOBACCO

Cigarettes and cigars. Cigarettes are made of tobacco and over 7,000 harmful chemicals. Cigars are tobacco wrapped in leaf and have the same harmful chemicals.

SMOKELESS TOBACCO

Smokeless tobacco comes in two forms: chew and snuff. You let it sit in your mouth and suck on the juices. This is how you get the nicotine out of it.

E-CIGS

Electronic cigarettes are battery-powered. Using an e-cig is called "vaping" because you inhale its vapor. Different e-cig devices are vape pens, mods, and Juuls.

MIXING IT WITH MARIJUANA

Spliffs, blunts, and moles are ways of smoking THC (marijuana) and nicotine (tobacco) together. Smoking them together can give you a head rush because marijuana increases the surge in THC to your body. The same health risks associated with tobacco like addiction and illness also happen when you mix the two.

REASONS NOT TO START USING

- It's expensive.
- It's not cool when your hair and clothes stink.
- Your athletic ability will suffer – you can't run as fast or as far.
- Your teeth will get yellow. Yuck!
- Your brain will be unhappy – nicotine changes the way it works.
- Quitting is hard and really sucks.

BE A QUITTER!

- Make a plan – set a date to quit, think about how you'll deal with cravings and withdrawal.
- Know the reasons you want to quit – it can help you stay motivated.
- Stay away from people and situations that cause you to smoke.
- Ask for help. You don't have to do it alone! Ask family and friends for support.
- Give yourself credit – quitting is hard work!

If you want help quitting or have questions, call the Truth Initiative at 202.454.5555 or visit their website at truthinitiative.org