

## Smoking & Vaping Facts

### FACT

Young people who use e-cigarettes (also called vapes) may be more likely to smoke cigarettes in the future.



### FACT

Most vapes contain nicotine.

### FACT

Nicotine is highly addictive and can harm adolescent brain development, which continues until about age 25.

### FACT

Smoking causes cancer, heart disease, stroke, lung diseases, diabetes and chronic obstructive pulmonary disease (COPD).



### FACT

Adolescents who use nicotine can struggle with attention, learning, mood and impulse control. They are also at an increased risk for future addiction to other drugs.



### FACT

Smoking harms nearly every organ of the body.

### FACT

JUUL is a brand of e-cigarette that is shaped like a USB flash drive. A single pod contains as much nicotine as a pack of 20 regular cigarettes.

### FACT

There is no safe level of exposure to secondhand smoke.



### FACT

Quitting smoking and vaping lowers your risk for disease and can add years to your life.



### FACT

E-cigarette aerosol can contain harmful substances such as heavy metals like lead, volatile organic compounds and cancer-causing agents.

These facts and more are available at [cdc.gov/tobacco](http://cdc.gov/tobacco).

The Georgia Tobacco Quit Line is a free, confidential service available 24/7 to assist with quitting smoking, vaping and using smokeless tobacco. Call 1-877-270-STOP or visit [dph.georgia.gov/GTQL](http://dph.georgia.gov/GTQL).