



# Does this little thing scare you?

***It should!***

*It's not a flash drive. It's an electronic cigarette and it's getting some teens and young adults in our area hooked on nicotine.*

## ***What you need to know:***

- The newer pod-type and disposable e-cigarettes produce only a small puff of aerosol and are easy to hide, even at home or in the classroom. **Some come in the form of pens, wrist watches, computer flash drives that are rechargeable by USB cable, etc.**
- A single pod can contain as much nicotine as a pack of cigarettes—maybe more.
- People call it “vaping,” but e-cigarettes produce a harmful aerosol, not harmless water vapor.
- The nicotine in the newer e-cigarettes is in a different form than the nicotine in traditional cigarettes. It causes less throat irritation, making it easy for the user to ingest high levels of nicotine. The flavorings, solvents and metals involved in e-cigarettes result in chemicals that may do lasting lung damage.
- Nicotine harms adolescent brain development. It can also constrict blood vessels, reducing blood flow to every part of the body. It can put stress on the heart and can make it race.
- Nicotine is extremely addictive. It can be very difficult to overcome.
- Young people who use e-cigarettes are 8 times as likely to go on to regular cigarettes than those who do not use e-cigarettes.
- Stanford University research (Aug., 2020) showed that young people who vape and/or smoke are at 5-7X risk of contracting COVID-19. Recovery may also be more difficult compared with people who have not vaped or smoked.
- Sometimes e-cigarettes are used to ingest marijuana or other drugs.

## ***What you can do:***

- **Teens and young adults can get free help by texting “DITCHJUUL” to 88709.**
- **Parents can get help by texting “QUIT” TO (202) 899-7550.**
- **For more information visit [www.communityconnectionsnc.org/tflc](http://www.communityconnectionsnc.org/tflc).  
Email [tflc@communityconnectionsnc.org](mailto:tflc@communityconnectionsnc.org)**

**Text “DitchJuul”  
to 88709.**



Community Connections Tobacco Free Lincoln County, with funding from Nebraska Department of Health and Human Services /Tobacco Free Nebraska Program as a result of the Tobacco Master Settlement Agreement.