

# Vaping

## Myths

vs.

## Facts

It's a water vapor cloud.

### Myth



### Fact

Vapes are electronic devices that heat a liquid that usually contains nicotine, flavorings, and other chemicals that produce an aerosol, or mix of small particles in the air.

**#DYK** | All aerosols leave a chemical residue on surfaces they touch.

Think of a person that vapes in their car. Whatever the cloud touches has a chemical residue left on it. The windshield, dashboard, seats, etc.

### Myth

Vapes don't have as much nicotine as a cigarette.

### Fact



5,000 puffs = 25 packs of cigarettes

**#DYK** | Some vapes that claim to be nicotine free actually use a form of synthetic nicotine. It's still nicotine.



### Myth

It's just nicotine or THC in the juice. There are no other chemicals.



### Fact

Vapes are an aerosol. Certain chemicals have to be in any liquid that is vaped in order for it to work properly. Additional chemicals are created once the liquid is heated, like formaldehyde.





## Myth

If I use a certain way I won't get addicted.

## Fact

Whether vaping nicotine or weed, vape devices are designed to deliver high amounts of the drug. These high doses along with frequent use of vapes means a greater chance for becoming addicted.

**The safest choice is never to start.**

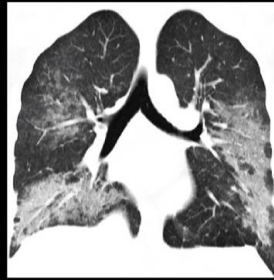
## Myth

It's safer than smoking cigarettes or weed.

NORMAL LUNG



VAPING LUNG



## Fact

It's not safer, it's different. Popcorn lung, scars in lungs like chemical burns, and lung damage can all occur because of vaping. Vaping can decrease lung capacity making everyday tasks like walking up stairs challenging.

## Myth

It helps with depression or anxiety.



## Fact

Research has found nicotine can worsen anxiety symptoms and feelings of depression. Vaping cannabis increases depression and suicidal thoughts.



Vaping nicotine or marijuana doesn't matter, vaping changes everything. Learn the real cost of vaping at [LearnMoreAZ.org](https://LearnMoreAZ.org).