



Vaping on the rise among youth. JUUL and other Vape Pods are addictive.

JUUL is a type of e-cigarette or “vape”. It always contains nicotine.

- The pods for JUUL come in 5% nicotine or 3% nicotine.
- One JUUL pod with 5% nicotine is equal to 20 cigarettes (about a pack).
- Products similar to JUUL include the Vype, STLTH, and Aspire to name just a few.
- These products put youth at risk for addiction – it can happen quickly.
- Fruity flavours like mango attract youth and are less harsh than tobacco cigarettes.



MYTH 1: “It’s just harmless water vapour.”	MYTH 2: “Flavours are safe to eat so they are safe to inhale.”	MYTH 3: “I can stop vaping anytime I want – it’s easy.”
FALSE! Heating nicotine, propylene glycol, vegetable glycerin and flavours creates new chemical compounds. These tiny particles get inhaled deeply into the lungs and then move to the bloodstream.	FALSE! The manufacturers of food flavours actually warn workers not to inhale heated flavour ingredients. There is limited research on the safety of heating and inhaling flavours but some flavours are known to cause negative health effects when inhaled. Cinnamon is just one example that is known to cause harm.	FALSE! Vaping is addictive. There is growing evidence that for youth, vaping increases their risk of using tobacco products, such as cigarettes. Youth may need support to quit vaping.

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