

# MYTHS & FACTS ABOUT VAPING

## MYTH

Vaping is a healthy alternative to cigarettes

## FACT

Vape e-juice may contain nicotine, chemicals that cause cancer, and can cause wheezing, coughing, sinus infections, nosebleeds, and asthma.

## MYTH

It's hard for youth to get vape products.

## FACT

Despite sales laws, youth can still buy vape products from peers, friends and relatives, and age restrictions at retail stores are not always enforced.

## MYTH

Its just harmless water vapor.

## FACT

Its not harmless or water vapor. It may contain toxins, including cancerous agents and chemicals.

## MYTH

Vapes don't contain nicotine.

## FACT

99% of vape products sold in the US contain nicotine. 100% of JUULS contain nicotine.