

VAPING

The myths and truths

Myth: Vaping isn't dangerous.

Truth: Vaping is harmful and can negatively affect your health. Doctors continue to study the long-term health impacts of vaping.

Myth: Everyone my age is vaping.

Truth: Even if it seems like they are, most young people don't vape.

Myth: Vaping liquid is just water.

Truth: Vaping liquid contains nicotine and toxic, harmful chemicals.

Myth: Vaping isn't addictive.

Truth: Almost all vape products contain nicotine, which is very addictive. It doesn't take long to get addicted to vaping.

Educate yourself and

**MAKE A HEALTHY
DECISION.**



To learn
more



Children's
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Kids deserve the best.

