



VAPING

HARMS YOUR HEALTH

Here are five reasons why



Most vapes contain nicotine, the same highly addictive chemical in cigarettes.



Vapes can contain as much nicotine as a whole pack of cigarettes.



Teens are at greater risk for nicotine addiction because their brains are still developing.



Vapes can contain chemicals, such as formaldehyde, that can cause cancer.



Teens who vape are more likely to start smoking cigarettes.

Watch videos and get more info at [fda.gov/youthvapingresources](https://www.fda.gov/youthvapingresources)

